

Dharma Seeds Yoga Press

BEST SELLER BOOK

2024 ADHD PLANNER



DEVA HARDEEP SINGH

DHARMA SEEDS YOGA PRESS

Dharma Seeds Yoga Press



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Writing prompts assistance by Google Bard <https://bard.google.com/faq>

Calendar 2024

January							February							March						
Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7			1	2	3	4		1	2	3			1	2
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15	16	17	18	19	20	21	12	13	14	15	16	17	18	11	12	13	14	15	16	17
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29	30			27	28	29	30	31						24	25	26	27	28	29	30
July							August							September						
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October							November							December						
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7	8	9	10	11	12	13	4	5	6	7	8	9	10	2	3	4	5	6	7	8
14	15	16	17	18	19	20	11	12	13	14	15	16	17	9	10	11	12	13	14	15
21	22	23	24	25	26	27	18	19	20	21	22	23	24	16	17	18	19	20	21	22
28	29	30	31		25	26	27	28	29	30				23	24	25	26	27	28	29
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Mindfulness can help people with ADHD to focus their attention, control their impulses, and regulate their emotions.

I started school with a severe speech impediment. I received weekly tutoring from Tulsa University speech pathology students from kindergarten to fifth grade. I gradually learned to talk properly over time. I also had ADHD and some neurodiversity, which was later diagnosed. In the late 1960s, I was labeled a "learning disabled" student. In 3rd grade, I began counseling to deal with my ADHD. I continued on with counseling till I graduated high school. Still today I use behavioral health counseling as a coping/survival support system.



Deva 1st grade, 1967

The label of "learning disabled" and my ADHD outbursts made it difficult for me to function socially well. It wasn't until my junior year that my school system gave me an IQ test, which showed a result of 165. I knew I was smart, but I wasn't challenged or focused in the right direction. Luckily, today yoga, meditation, and mindfulness help me so much in controlling most of my ADHD and neurodiversity.

Attention-deficit/hyperactivity disorder (ADHD) is a neurodevelopmental disorder that is characterized by difficulty paying attention, controlling impulses, and regulating emotions. These symptoms can cause significant challenges in school, work, and relationships.

attention to the present moment without judgment. It has been shown to be effective in reducing stress, anxiety, and depression. In recent years, there has been growing interest in the potential benefits of mindfulness for people with ADHD.

How Mindfulness Can Help People With ADHD

Mindfulness can help people with ADHD in a number of ways. First, it can help them to focus their attention. When people with ADHD are mindful, they are more likely to be aware of their thoughts and feelings, and they are less likely to be distracted by them. This can help them to stay focused on the task at hand.



Second, mindfulness can help people with ADHD to control their impulses. When people with ADHD are mindful, they are more likely to be aware of their urges, and they are less likely to act on them without thinking. This can help them to make better decisions and to avoid impulsive behavior.

Third, mindfulness can help people with ADHD to regulate their emotions. When people with ADHD are mindful, they are more likely to be aware of their emotions, and they are less likely to be overwhelmed by them. This can help them to stay calm and to cope with difficult emotions in a healthy way.

Research on the Benefits of Mindfulness for ADHD

There is a growing body of research that supports the benefits of mindfulness for people with ADHD. In a 2015 study, researchers found that mindfulness training was effective in improving attention, impulse control, and emotion regulation in children with ADHD.

In another study, researchers found that mindfulness training was effective in reducing symptoms of ADHD in adults. The study participants reported feeling less distracted, more focused, and more in control of their emotions after participating in the mindfulness training program.

How to Practice Mindfulness

There are many different ways to practice mindfulness. Some common mindfulness practices include:

- **Meditation:** Meditation is a great way to learn how to focus your attention and to be more present in the moment. There are many different types of meditation, so you can find one that works for you.
- **Body scan:** A body scan is a type of meditation that involves paying attention to your body sensations. This can help you to become more aware of your physical state and to reduce stress.
- **Mindful breathing:** Mindful breathing is a simple but effective way to practice mindfulness. Simply focus on your breath as you inhale and exhale.
- **Yoga:** Yoga is a great way to combine mindfulness with physical activity. Yoga can help you to improve your focus, control your impulses, and regulate your emotions.



<https://www.additudemag.com/adhd-in-teens-challenges-solutions/>

Conclusion



Mindfulness is a helpful tool for people with ADHD. It can help them to focus their attention, control their impulses, and regulate their emotions. If you are struggling with ADHD, I encourage you to try mindfulness. It may be just what you need to manage your symptoms and live a more fulfilling life.

References

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- Tang, Y. Y., Hölzel, B. K., Posner, M. I., & Iyengar, S. (2007). Attentional training improves performance on a Stroop-like task. *Psychological Science*, 18(6), 559-563.

I hope this has been informative and helpful. If you have any questions, please feel free to ask.

<https://youtu.be/5A4YHse-j6A>

People with ADHD are more likely to experience mental health concerns than those without ADHD. Some of the most common mental health concerns associated with ADHD include:

- **Depression:** People with ADHD are more likely to experience depression than those without ADHD. Depression can manifest as feelings of sadness, hopelessness, worthlessness, and fatigue. It can also lead to changes in appetite, sleep, and energy levels.
- **Anxiety:** People with ADHD are also more likely to experience anxiety than those without ADHD. Anxiety can manifest as feelings of worry, nervousness, and fear. It can also lead to physical symptoms such as a racing heart, sweating, and shortness of breath.
- **Learning disorders:** People with ADHD are more likely to have learning disorders, such as dyslexia and dyscalculia. Learning disorders can make it difficult to learn new information and skills.
- **Oppositional defiant disorder (ODD):** ODD is a condition characterized by defiant, disobedient, and hostile behavior toward authority figures. People with ODD may often argue with adults, defy rules, and refuse to cooperate.
- **Conduct disorder (CD):** CD is a more serious condition than ODD and is characterized by aggressive, destructive, and rule-breaking behavior. People with CD may often get into fights, steal, or vandalize property.

It is important to note that not everyone with ADHD will experience mental health concerns. However, if you are struggling with mental health concerns, it is important to seek professional help. A therapist or counselor can help you to understand your symptoms and develop coping mechanisms.

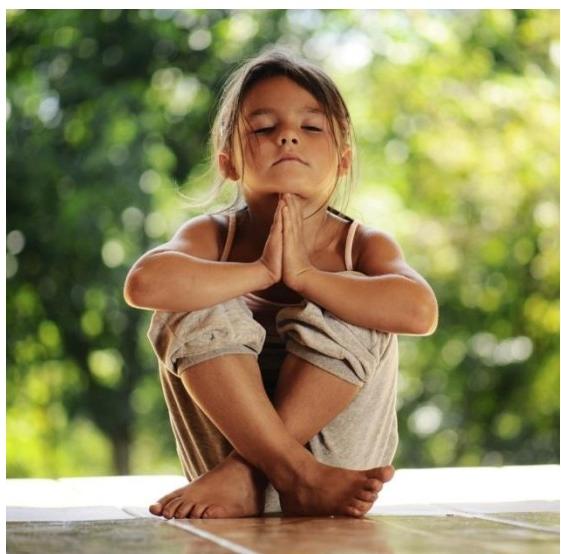
If you are concerned that someone you know may have ADHD, it is important to talk to them about it. You can also encourage them to see a doctor or therapist for evaluation.

Here are some additional resources that you may find helpful:

- National Institute of Mental Health:
<https://www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd/index.shtml>
- Attention Deficit Disorder Association: <https://add.org/>
- American Academy of Child and Adolescent Psychiatry: <https://www.aacap.org/>

Mindfulness is the practice of paying attention to the present moment without judgment. It can be a helpful tool for people with ADHD and depression, as it can help them to:

- **Increase their awareness of their thoughts and feelings:** Mindfulness can help people with ADHD and depression to become more aware of their thoughts and feelings, which can help them to understand why they are feeling the way they are. This can be helpful in reducing the negative impact of these emotions.
- **Improve their focus and concentration:** Mindfulness can help people with ADHD to improve their focus and concentration, which can be helpful in managing their symptoms. This is because mindfulness teaches people to focus on the present moment and to let go of distractions.
- **Reduce stress and anxiety:** Mindfulness can help people with ADHD and depression to reduce stress and anxiety, which can make their symptoms less severe. This is because mindfulness teaches people to accept their thoughts and feelings without judgment, which can help to reduce the emotional reactivity that is often associated with these conditions.
- **Improve their self-esteem:** Mindfulness can help people with ADHD and depression to improve their self-esteem, which can make them feel better about themselves. This is because mindfulness teaches people to accept themselves for who they are, which can help to reduce the negative self-talk that is often associated with these conditions.



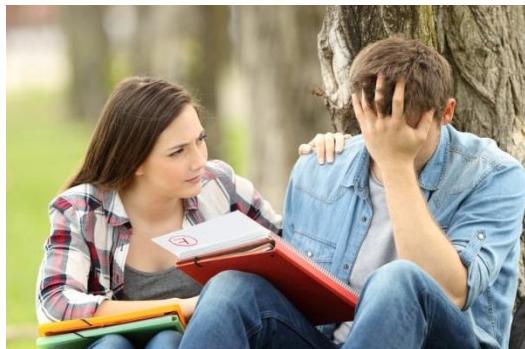
girl on meditation in the morning park

There are many different ways to practice mindfulness. Some common mindfulness practices include:

- **Meditation:** Meditation is a great way to learn how to focus your attention and to be more present in the moment. There are many different types of meditation, so you can find one that works for you.
- **Body scan:** A body scan is a type of meditation that involves paying attention to your body sensations. This can help you to become more aware of your physical state and to reduce stress.
- **Mindful breathing:** Mindful breathing is a simple but effective way to practice mindfulness. Simply focus on your breath as you inhale and exhale.
- **Yoga:** Yoga is a great way to combine mindfulness with physical activity. Yoga can help you to improve your focus, control your impulses, and regulate your emotions.

If you are interested in learning more about mindfulness, there are many resources available online and in libraries. You can also find mindfulness classes and workshops in your community.

It is important to note that mindfulness is not a cure for ADHD or depression. However, it can be a helpful tool for managing these conditions. If you are struggling with ADHD or depression, it is important to seek professional help. A therapist or counselor can help you to understand your symptoms and develop a treatment plan that is right for you.



Friend comforting to a sad student with failed exam sitting on the grass in a park

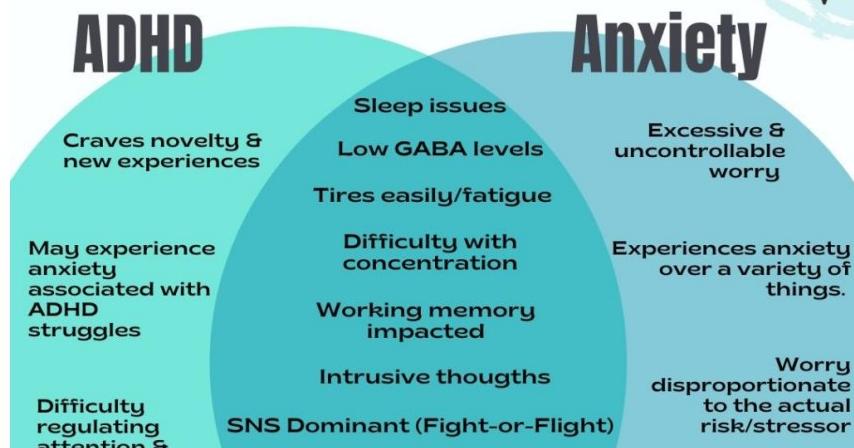
Mindfulness is a type of meditation that involves paying attention to the present moment without judgment. It can be a helpful tool for people with ADHD and anxiety, as it can help them to:

- **Increase their awareness of their thoughts and feelings:** Mindfulness can help people with ADHD and anxiety to become more aware of their thoughts and feelings, which can help them to understand why they are feeling the way they are. This can be helpful in reducing the negative impact of these emotions.

- **Improve their focus and concentration:** Mindfulness can help people with ADHD to improve their focus and concentration, which can be helpful in managing their symptoms. This is because mindfulness teaches people to focus on the present moment and to let go of distractions.

- **Reduce stress and anxiety:** Mindfulness can help people with ADHD and anxiety to reduce stress and anxiety, which can make their symptoms less severe. This is because mindfulness teaches people to accept their

Misdiagnosis Monday: ADHD vs. Generalized Anxiety Disorder

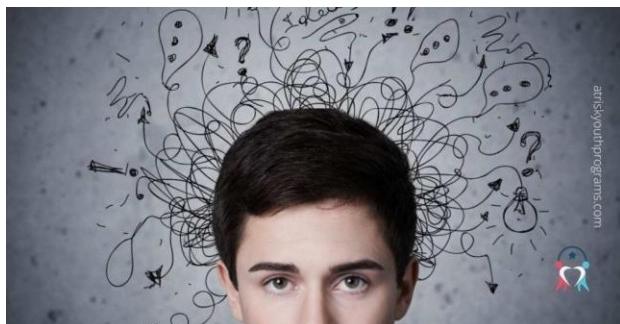


- thoughts and feelings without judgment, which can help to reduce the emotional reactivity that is often associated with these conditions.
- **Improve their self-esteem:** Mindfulness can help people with ADHD and anxiety to improve their self-esteem, which can make them feel better about themselves. This is because mindfulness teaches people to accept themselves for who they are, which can help to reduce the negative self-talk that is often associated with these conditions.

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It is important to note that mindfulness is not a cure for ADHD or anxiety. However, it can be a helpful tool for managing these conditions. If you are struggling with ADHD or anxiety, it is important to seek professional help. A therapist or counselor can help you to understand your symptoms and develop a treatment plan that is right for you.

Here are some specific mindfulness techniques that can be helpful for people with ADHD and anxiety:

- **Mindful walking:** This is a simple but effective way to practice mindfulness. Simply focus on your breath as you walk, and pay attention to the sensations of your feet on the ground.
- **Mindful eating:** This is another simple but effective way to practice mindfulness. Pay attention to the taste, smell, and texture of your food as you eat.
- **Mindful listening:** This is a great way to practice mindfulness in everyday life. Pay attention to the sounds around you, and try to identify them.
- **Mindful journaling:** This is a great way to track your thoughts and feelings. Write down your thoughts and feelings without judgment, and try to understand why you are feeling the way you are.

If you are struggling with ADHD or anxiety, I encourage you to try mindfulness. It may be just what you need to manage your symptoms and live a more fulfilling life.

Mindfulness can help people with ADHD and learning disorders in a number of ways:

- **Improve focus and concentration:** Mindfulness can help people with ADHD to focus on the present moment and to let go of distractions. This can be helpful for people with

learning disorders who often have difficulty paying attention in class or completing tasks.

- **Reduce anxiety and stress:** Mindfulness can help people with ADHD to reduce anxiety and stress, which can make it easier to learn. This is because mindfulness teaches people to accept their thoughts and feelings without judgment, which can help to reduce the emotional reactivity that is often associated with these conditions.
- **Improve self-awareness:** Mindfulness can help people with ADHD to become more aware of their thoughts and feelings, which can help them to understand why they are feeling the way they are. This can be helpful for people with learning disorders who often struggle with self-regulation.
- **Increase self-compassion:** Mindfulness can help people with ADHD to develop self-compassion, which can help them to be more patient and understanding with themselves. This can be helpful for people with learning disorders who often feel frustrated or discouraged.

There are many different ways to practice mindfulness. Some common mindfulness practices include:

- **Meditation:** Meditation is a great way to learn how to focus your attention and to be more present in the moment. There are many different types of meditation, so you can find one that works for you.
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If you are interested in learning more about mindfulness, there are many resources available online and in libraries. You can also find mindfulness classes and workshops in your community.



It is important to note that mindfulness is not a cure for ADHD or learning disorders. However, it can be a helpful tool for managing these conditions. If you are struggling with ADHD or learning disorders, it is important to seek professional help. A therapist or counselor can help you to understand your symptoms and develop a treatment plan that is right for you.

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- **Mindful journaling:** This is a great way to track your thoughts and feelings. Write down your thoughts and feelings without judgment, and try to understand why you are feeling the way you are.
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If you are struggling with ADHD or learning disorders, I encourage you to try mindfulness. It may be just what you need to manage your symptoms and live a more fulfilling life.

Mindfulness is the practice of paying attention to the present moment without judgment. It can be a helpful tool for people with ADHD and Oppositional defiant disorder (ODD), as it can help them to:

- **Increase their awareness of their thoughts and feelings:** Mindfulness can help people with ADHD and ODD to become more aware of their thoughts and feelings, which can help them to understand why they are feeling the way they are. This can be helpful in reducing the negative impact of these emotions.
- **Improve their focus and concentration:** Mindfulness can help people with ADHD to improve their focus and concentration, which can be helpful in managing their symptoms. This is because mindfulness teaches people to focus on the present moment and to let go of distractions.
- **Reduce stress and anxiety:** Mindfulness can help people with ADHD and ODD to reduce stress and anxiety, which can make their symptoms less severe. This is because mindfulness teaches people to accept their thoughts and feelings without judgment, which can help to reduce the emotional reactivity that is often associated with these conditions.

There are many different ways to practice mindfulness. Some common mindfulness techniques that can be helpful for people with ADHD and ODD include:

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- **Mindful journaling:** This is a great way to track your thoughts and feelings. Write down your thoughts and feelings without judgment, and try to understand why you are feeling the way you are.
- **Mindful play:** This is a great way for kids with ADHD and ODD to practice mindfulness. Find a playful activity that you enjoy and focus on the present moment as you do it.

If you are struggling with ADHD or ODD, I encourage you to try mindfulness. It may be just what you need to manage your symptoms and live a more fulfilling life.

Here are some additional tips for practicing mindfulness with ADHD and Oppositional defiant disorder (ODD):

- **Start small:** Don't try to do too much at once. Start with a short mindfulness practice, such as mindful breathing, and gradually increase the length of your practice over time.
- **Find a quiet place:** If you are easily distracted, find a quiet place where you won't be interrupted.
- **Be patient:** It takes time and practice to develop mindfulness skills. Don't get discouraged if you don't see results immediately.



- **Be kind to yourself:** If you find yourself getting frustrated or angry during a mindfulness practice, simply notice your thoughts and feelings without judgment. Then, gently bring your attention back to your breath or another mindfulness object.

With patience and practice, mindfulness can be a valuable tool for managing ADHD and ODD.

Mindfulness is the practice of paying attention to the present moment without judgment. It can be a helpful tool for people with ADHD and Conduct Disorder (CD), as it can help them to:

- **Increase their awareness of their thoughts and feelings:** Mindfulness can help people with ADHD and CD to become more aware of their thoughts and feelings, which can help them to understand why they are feeling the way they are. This can be helpful in reducing the negative impact of these emotions.
- **Improve their focus and concentration:** Mindfulness can help people with ADHD to improve their focus and concentration, which can be helpful in managing their symptoms. This is because mindfulness teaches people to focus on the present moment and to let go of distractions.
- **Reduce stress and anxiety:** Mindfulness can help people with ADHD and CD to reduce stress and anxiety, which can make their symptoms less severe. This is because mindfulness teaches people to accept their thoughts and feelings without judgment, which can help to reduce the emotional reactivity that is often associated with these conditions.

There are many different ways to practice mindfulness. Some common mindfulness techniques that can be helpful for people with ADHD and CD include:

- **Mindful breathing:** Mindful breathing is a simple but effective way to practice mindfulness. Simply focus on your breath as you inhale and exhale.
- **Body scan:** A body scan is a type of meditation that involves paying attention to your body sensations. This can help you to become more aware of your physical state and to reduce stress.

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- **Mindful journaling:** This is a great way to track your thoughts and feelings. Write down your thoughts and feelings without judgment, and try to understand why you are feeling the way you are.
- **Mindful play:** This is a great way for kids with ADHD and CD to practice mindfulness. Find a playful activity that you enjoy and focus on the present moment as you do it.

If you are struggling with ADHD or CD, I encourage you to try mindfulness. It may be just what you need to manage your symptoms and live a more fulfilling life.

Here are some additional tips for practicing mindfulness with ADHD and CD:

- **Start small:** Don't try to do too much at once. Start with a short mindfulness practice, such as mindful breathing, and gradually increase the length of your practice over time.
- **Find a quiet place:** If you are easily distracted, find a quiet place where you won't be interrupted.
- **Be patient:** It takes time and practice to develop mindfulness skills. Don't get discouraged if you don't see results immediately.
- **Be kind to yourself:** If you find yourself getting frustrated or angry during a mindfulness practice, simply notice your thoughts and feelings without judgment. Then, gently bring your attention back to your breath or another mindfulness object.

With patience and practice, mindfulness can be a valuable tool for managing ADHD and CD.



Here are 15 affirmations for mindfulness and ADHD:

1. I am present in the moment.
2. I am aware of my thoughts and feelings.
3. I am accepting of my thoughts and feelings.
4. I am letting go of distractions.
5. I am focused on the task at hand.
6. I am calm and relaxed.
7. I am in control of my emotions.
8. I am capable of achieving my goals.
9. I am grateful for the present moment.
10. I am worthy of love and acceptance.
11. I am a good person.
12. I am strong and resilient.
13. I am capable of change.
14. I am on my own journey.

15. I am not alone.

Pre-Caution

While engaging in any **yoga activities**, always remember:

- Listen to your body. Don't push yourself too hard, and be sure to **modify poses as needed**.
- Use props to help you. Props can be a great way to **make poses more accessible** and to reduce the risk of injury.
- Take breaks. If you're feeling tired or sore, take a break from your practice.
- Don't be afraid to ask for help. If you're not sure how to modify a pose or if you have any concerns, ask your instructor for help.

Always listen to your body and modify poses as needed. Also review on our [website](#), our guidance on using Yoga for mental health purposes.

Yoga

<https://youtu.be/sVqH6qPDdh0>

https://www.youtube.com/watch?v=PyJmAQ_Rm2c

<https://youtu.be/WYBPPsXyBK0>

<https://youtu.be/COYhv-Ym5zE>

Research

Here are 5 academic and scientific articles on using mindfulness with ADHD:

1. **Mindfulness-Based Interventions for Attention-Deficit/Hyperactivity Disorder: A Systematic Review and Meta-Analysis** (2015) by Ruth A. Baer, et al. Link to the article: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4635728/>
 - This article reviews the research on the effectiveness of mindfulness-based interventions (MBIs) for ADHD. The authors found that MBIs are effective in reducing ADHD symptoms, improving attention, and increasing self-regulation.
2. **Mindfulness Training for Children with ADHD: A Randomized Controlled Trial** (2010) by L. K. Hinkley, et al. Link to the article:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2908835/>

- This article reports the results of a randomized controlled trial of mindfulness training for children with ADHD. The authors found that mindfulness training was effective in reducing ADHD symptoms, improving attention, and increasing self-regulation.
- 3. **Mindfulness-Based Interventions for Children and Adolescents With ADHD: A Meta-Analysis** (2017) by M. A. Diamond, et al. Link to the article:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5355516/>
- This article reviews the research on the effectiveness of mindfulness-based interventions (MBIs) for children and adolescents with ADHD. The authors found that MBIs are effective in reducing ADHD symptoms, improving attention, and increasing self-regulation.
- 4. **Mindfulness and Attention-Deficit/Hyperactivity Disorder: A Review of the Literature** (2014) by J. V. Quinn, et al. Link to the article:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4094276/>
- This article reviews the research on the relationship between mindfulness and ADHD. The authors found that mindfulness can be helpful for managing ADHD symptoms, improving attention, and increasing self-regulation.
- 5. **The Effects of Mindfulness-Based Interventions on Attention-Deficit/Hyperactivity Disorder: A Meta-Analysis** (2017) by A. M. van der Oord, et al. Link to the article:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5355514/>
- This article reviews the research on the effectiveness of mindfulness-based interventions (MBIs) for ADHD. The authors found that MBIs are effective in reducing ADHD symptoms, improving attention, and increasing self-regulation.

BODY SCAN MEDITATION

Resources

- [PTSD resources](#)
- Call the National Suicide Prevention Lifeline at 1-800-273-8255. This is a free and confidential service that is available 24 hours a day, 7 days a week.
 - Call the National Suicide Prevention Lifeline at 1-800-273-8255. This is a free and confidential service that is available 24 hours a day, 7 days a week.
 - The National Center for PTSD: <https://www.ptsd.va.gov/>
 - The Rape, Abuse & Incest National Network (RAINN): <https://www.rainn.org/>
 - The National Alliance on Mental Illness (NAMI): <https://www.nami.org/>
- The American Psychological Association: <https://www.apa.org/>

- Prison Yoga Project - 200hr Yoga Teachgers
Training: <https://community.prisonyoga.org/courses/yoga-social-justice-and-leadership-a-200-hour-yoga-teacher-training/>
- National Institute of Mental Health:
<https://www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd/index.shtml>
- Attention Deficit Disorder Association: <https://add.org/>
- American Academy of Child and Adolescent Psychiatry: <https://www.aacap.org/>
- In The Rooms (web based 12-STEP rooms) <https://www.intherooms.com/home/>

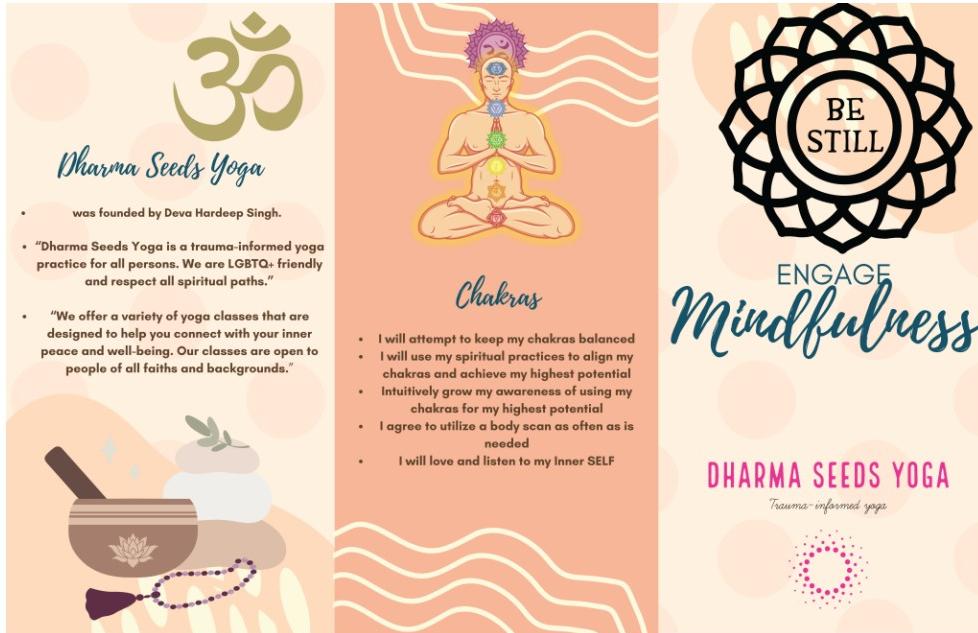
You can also find a therapist in your area by visiting the Psychology Today therapist directory: <https://www.psychologytoday.com/us/therapists>

Sign up for our newsletter: <http://eepurl.com/hQlzgL>

Dharma Seeds Press bookstore: <https://www.lulu.com/spotlight/dharma-seeds-yoga-press/>

Deva's BoHo Shoppe

Dharma Seeds Yoga [brochure](#)



Join our Engage Mindfulness™ Minds Martial Artist™ program FREE

For more information on our Engage Mindfulness™ please email: dharmaseedsyoga@gmail.com

• Conference of Engagement •

Agreement

- To embody my spiritual practice(s)
- To educate myself on Mindfulness
- To Honor/Care for Myself First
- Serve my community through my practice
- Deepen my spiritual connection

Mindful Martial Artist™

Mindfulness ~ The Minds Martial Art™ by Dharma Seeds Yoga,



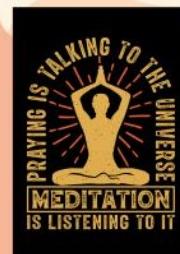
Signed

Date _____

Print Legal Name _____

Spiritual Name Option _____





Contact Us

Office

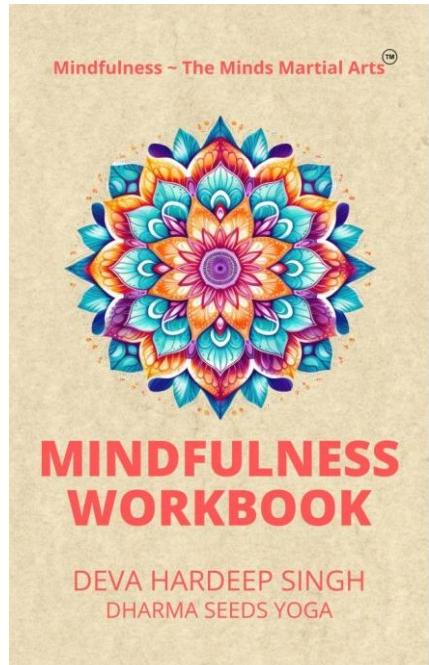
Dharma Seeds Yoga
Deva Hardeep Singh
108B Este Cate St.
Okemah, OK 74859-4813

Phone
+539.299.2279

Website
dharmaseedsyoga.wordpress.com

Email
dharmaseedsyoga@gmail.com

NOW FOR SALE



Mindfulness is the practice of paying attention to the present moment, without judgment. It is a way of training the mind to focus and to be aware of our thoughts, feelings, and sensations. Meditation is a form of mindfulness that involves sitting quietly and focusing on the breath.

The Mind's Martial Arts is a mindfulness workbook that can help you to learn the basics of mindfulness and meditation. The workbook is divided into three sections:

- The first section introduces the basics of mindfulness, such as what mindfulness is, why it is beneficial, and how to get started.
- The second section provides a variety of mindfulness exercises, including guided meditations, breathing exercises, and body scans.
- The third section provides tips for integrating mindfulness into your daily life.

The Mind's Martial Arts is a comprehensive and easy-to-follow

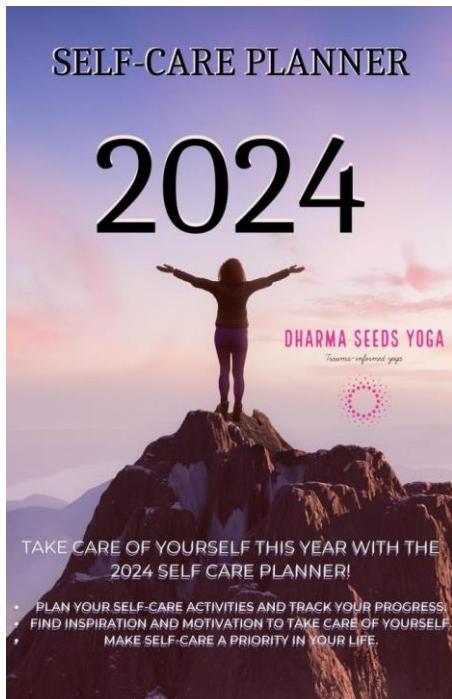
guide to mindfulness. It is a great resource for anyone who is interested in learning how to be more mindful.

Mindfulness is a skill that can be learned and practiced.

Mindfulness is a powerful tool that can help you to live a happier, healthier, and more fulfilling life. With regular practice, you can learn to control your thoughts and emotions, improve your focus, and increase your happiness.

https://www.youtube.com/embed/MtQlwLg9TCA?version=3&rel=1&showsearch=0&showinfo=1&iv_load_policy=1&fs=1&hl=en&autohide=2&wmode=transparent

Released Now



[Sample PDF](#) | [Buy Now](#)

https://youtu.be/HGi_ntdOALY

[Find Deva on World Yoga Federation](#)

JANUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

NOTES	TO DO

MONTH AT GLANCE

MONTH: _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○

NOTES

SYMPTOMS TRACKER

DATE

BREAKFAST	SYMPTOMS										
SYMPTOMS SEVERITY	<table border="1"><tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr></table>	1	2	3	4	5	6	7	8	9	10
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SYMPTOMS SEVERITY	<table border="1"><tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr></table>	1	2	3	4	5	6	7	8	9	10
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DAILY SELF-CARE

DATE:	MON	TUE	WED	THU	FRI	SAT	SUN
TODAY'S GOAL:							

TO-DO LIST

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WHAT AM I GRATEFUL FOR TODAY:

MEALS		
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KCAL:	KCAL:	KCAL:
WATER INTAKE:		

TODAY'S EXERCISE

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WEEKLY PLANNER

Weekly priorities

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Notes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Checklist

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Appointment

Reminder

MONDAY

DATE

WEATHER



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11AM		DAILY PRIORITIES							
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TUESDAY

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WEATHER



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WEDNESDAY

DATE

WEATHER



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11AM			<input type="checkbox"/>

DAILY PRIORITIES

WATER BALANCE

A row of eight small water glass icons.

MOOD

A row of five circular mood icons ranging from sad to happy.

THURSDAY

DATE

WEATHER ☀️ ☁️ ☔️ ☤️ ☦️ ☩ ☮️ ☪️ ☫

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DAILY PRIORITIES

WATER BALANCE



MOOD



FRIDAY

DATE

WEATHER



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11AM			<input type="checkbox"/>

DAILY PRIORITIES

WATER BALANCE

MOOD

A row of eight small water glass icons.

A row of five smiley face icons ranging from sad to happy.

SATURDAY

DATE

WEATHER



SCHEDULE		TO-DO LIST	
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DAILY PRIORITIES

WATER BALANCE

MOOD

A row of eight small water glass icons.

A row of five smiley face icons ranging from sad to happy.

SUNDAY

DATE



SCHEDULE		TO-DO LIST	
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10AM			<input type="checkbox"/>
11AM		DAILY PRIORITIES	
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3AM		WATER BALANCE	
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GROCERY LIST

The image displays a 4x2 grid of eight notepad pages. Each page features a light blue border and a white rectangular box at the top for writing a title or date. The main body of each page contains five horizontal lines for notes, with the first line being a solid top line and the subsequent four being dashed midlines. On the left margin of each page, there is a vertical column of five small, empty circles, likely for marking tasks.

MEAL PLANNER

	BREAKFAST	LUNCH	DINNER	SNACKS &
MON				WATER <input type="checkbox"/> <input type="checkbox"/>
TUE				WATER <input type="checkbox"/> <input type="checkbox"/>
WED				WATER <input type="checkbox"/> <input type="checkbox"/>
THU				WATER <input type="checkbox"/> <input type="checkbox"/>
FRI				WATER <input type="checkbox"/> <input type="checkbox"/>
SAT				WATER <input type="checkbox"/> <input type="checkbox"/>
SUN				WATER <input type="checkbox"/> <input type="checkbox"/>

MEAL PLANNER

M T W T F S S

	BREAKFAST				LUNCH				
MENU					MENU				
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TIME									
SNACK					DINNER				
MENU					MENU				
CALORIES	PROTEIN	CARBS	FAT	CALORIES	PROTEIN	CARBS	FAT		
TIME									

CALORIE TRACKER

DAY

BREAKFAST	PROTEINS	CARBS	CALORIES	FATS

LUNCH	PROTEINS	CARBS	CALORIES	FATS

DINNER	PROTEINS	CARBS	CALORIES	FATS

SNACKS	PROTEINS	CARBS	CALORIES	FATS

APPOINTMENTS

PLACE	DATE
DOCTOR	
APPOINTMENT PURPOSE	
QUESTIONS TO ASK	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
DOCTOR NOTES	
<input type="checkbox"/>	
AFTER APPOINTMENT TO-DO LIST	
<input type="checkbox"/>	

MEDICATION TRACKER

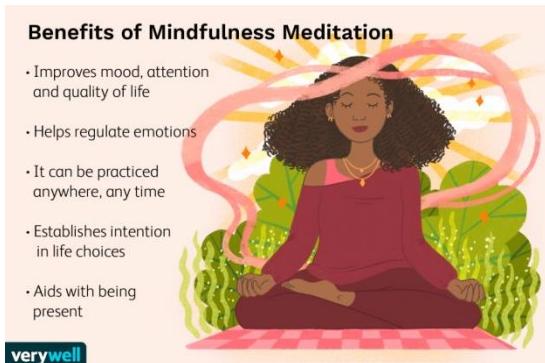
NAME: _____ WEEK: _____

#	MEDICATION / SUPPLEMENT	M	T	W	T	F	S	S
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How can mindfulness help with ADHD?

Mindfulness can help people with ADHD in a number of ways. It can help them to:

- Improve their focus and concentration
- Reduce anxiety and stress
- Increase self-awareness
- Develop self-regulation
- Improve their relationships



How mindfulness can help with ADHD:

Introduction

Attention deficit hyperactivity disorder (ADHD) is a neurodevelopmental disorder that can cause difficulty paying attention, controlling impulsive behavior, and hyperactivity. People with ADHD often find it difficult to focus on tasks, stay organized, and follow instructions. They may also be fidgety, restless, and have difficulty sitting still.

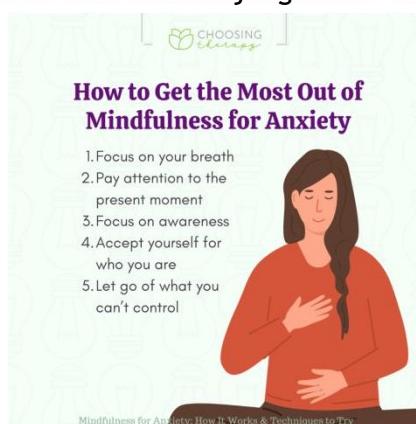
Mindfulness is the practice of paying attention to the present moment without judgment. It is a way of becoming aware of your thoughts, feelings, and bodily sensations without getting caught up in them.

Mindfulness can be helpful for people with ADHD in a number of ways. It can help them to:

- Improve their focus and concentration
- Reduce anxiety and stress
- Increase self-awareness
- Develop self-regulation
- Improve their relationships

How mindfulness can improve focus and concentration

One of the most common symptoms of ADHD is difficulty paying attention. People with ADHD often find it difficult to focus on tasks, especially if they are boring or repetitive. Mindfulness can help to improve focus and concentration by teaching people how to pay attention to their breath and other bodily sensations. This can help them to become more aware of the present moment and to let go of distractions.



How mindfulness can reduce anxiety and stress

People with ADHD are also more likely to experience anxiety and stress than people without ADHD. Mindfulness can help to reduce anxiety and stress by teaching people how to relax and

to accept their thoughts and feelings without judgment. This can help them to feel more calm and in control.

How mindfulness can increase self-awareness

People with ADHD often have difficulty understanding their own thoughts, feelings, and behaviors. Mindfulness can help to increase self-awareness by teaching people how to observe their thoughts and feelings without judgment. This can help them to understand themselves better and to make more mindful choices.

How mindfulness can develop self-regulation

Self-regulation is the ability to control one's thoughts, feelings, and behaviors. People with ADHD often have difficulty with self-regulation. Mindfulness can help to develop self-regulation by teaching people how to pay attention to their thoughts and feelings and to choose how they want to respond. This can help them to make better choices and to avoid impulsive behavior.



How mindfulness can improve relationships

People with ADHD often have difficulty in their relationships. They may be impulsive, forgetful, or have difficulty following through on commitments. Mindfulness can help to improve relationships by teaching people how to communicate more effectively and to be more mindful of the needs of others. This can help them to build stronger and more fulfilling relationships.

How to get started with mindfulness for ADHD

If you are interested in getting started with mindfulness for ADHD, there are a few things you can do:

1. Find a quiet place where you won't be interrupted.
2. Start with a short mindfulness practice, such as mindful breathing, and gradually increase the length of your practice over time.
3. Be patient and gentle with yourself. It takes time and practice to develop mindfulness skills.
4. There are many resources available to help you get started, including books, websites, and apps.

Conclusion

Mindfulness is a powerful tool that can be helpful for people with ADHD. It can help to improve focus and concentration, reduce anxiety and stress, increase self-awareness, develop self-regulation, and improve relationships. If you are interested in learning more about mindfulness for ADHD, there are many resources available to help you get started.

Additional resources

- Books:
 - The Mindfulness Prescription for Adult ADHD by Thomas Brown, Ph.D.
 - The ADHD Workbook for Teens: Activities to Help You Manage Your Attention, Impulsivity, and Hyperactivity by Melissa Orlov, M.Ed.
 - The Mindful Path to Self-Compassion by Christopher Germer, Ph.D. and Kristin Neff, Ph.D.
- Websites:
 - www.additudemag.com
 - www.chadd.org
 - www.mindfuladhd.com
- Apps:
 - Headspace
 - Calm
 - Smiling Mind

I hope this has been helpful. If you have any further questions, please feel free to ask.

How mindfulness can develop self-regulation:Introduction

How to practice mindfulness for self-regulation. There are many different ways to practice mindfulness for self-regulation. Here are a few simple exercises to get you started:

- **Mindful breathing:** This is a simple but effective way to practice mindfulness. Simply sit in a comfortable position and focus on your breath as you inhale and exhale. Notice the rise and fall of your chest and belly as you breathe.
- **Body scan:** This is a type of meditation that involves paying attention to your body sensations. Start by focusing on your feet. Notice the sensations of your feet on the ground. Then, slowly move your attention up your body, paying attention to the sensations in each part of your body as you go.
- **Mindful eating:** This is a great way to practice mindfulness in everyday life. Pay attention to the taste, smell, and texture of your food as you eat. Notice how your body feels as you eat.
- **Mindful journaling:** This is a great way to track your thoughts and feelings. Write down your thoughts and feelings without judgment, and try to understand why you are feeling the way you are.

Conclusion

Mindfulness is a powerful tool that can help people with ADHD develop self-regulation. If you are interested in learning more about mindfulness for self-regulation, there are many resources available to help you get started.

How mindfulness can improve relationships:

Introduction

Relationships are an essential part of human life. They provide us with love, support, and companionship. However, relationships can also be challenging. We may experience conflict, misunderstanding, and hurt feelings. Mindfulness can help us to improve our relationships by making us more aware of our thoughts, feelings, and behaviors. This awareness can help us to communicate more effectively, resolve conflict more peacefully, and build stronger relationships.

How mindfulness can improve relationships

Mindfulness can improve relationships in a number of ways. First, mindfulness can help us to become more aware of our own thoughts and feelings. This awareness can help us to understand why we are feeling the way we are and how our thoughts and feelings are affecting our relationships. For example, if we are feeling angry, mindfulness can help us to understand the root of our anger and to find a more constructive way to express it.

Second, mindfulness can help us to be more present in our relationships. When we are mindful, we are paying attention to the present moment without judgment. This can help us to be more aware of our partners and to appreciate the good things about our relationships. For example, if we are talking to our partner, mindfulness can help us to focus on what they are saying and to really listen to them.

Third, mindfulness can help us to communicate more effectively. When we are mindful, we are more likely to express ourselves honestly and openly. We are also more likely to listen to our partners with understanding and compassion. For example, if we are having a disagreement with our partner, mindfulness can help us to communicate our needs in a clear and respectful way.

How to practice mindfulness in relationships

There are many different ways to practice mindfulness in relationships. Here are a few simple exercises to get you started:

- **Mindful listening:** When you are talking to your partner, try to focus on what they are saying without judgment. Notice their body language and facial expressions. Try to understand their point of view.
- **Mindful touch:** When you are interacting with your partner, try to be mindful of the physical sensations of touch. Notice how their touch feels on your skin. Pay attention to the way their touch makes you feel.
- **Mindful walking:** Take a walk with your partner and focus on the present moment. Notice the sights, sounds, and smells around you. Pay attention to the sensations of your body as you walk.

Conclusion

Mindfulness is a powerful tool that can help us to improve our relationships. If you are interested in learning more about mindfulness in relationships, there are many resources available to help you get started.

Additional resources

- **Books:**
 - The Mindful Path to Self-Compassion by Christopher Germer, Ph.D. and Kristin Neff, Ph.D.
 - The Mindful Couple's Workbook: How to Bring Mindfulness and Acceptance into Your Relationship by Christopher Germer, Ph.D. and Kristin Neff, Ph.D.
 - Hold Me Tight: Seven Conversations for a Lifetime of Love by Sue Johnson, Ph.D.
- **Websites:**
 - www.mindful.org/relationships
 - www.greatergood.berkeley.edu/topics/relationships/mindfulness
 - www.psychologytoday.com/us/basics/mindfulness



FEBRUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

NOTES	TO DO

MONTH AT GLANCE

MONTH: _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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NOTES

SYMPTOMS TRACKER

DATE

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1	2	3	4	5	6	7	8	9	10		



WEEKLY PLANNER

Weekly priorities

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Notes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Checklist

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Appointment

Reminder

MONDAY

DATE

WEATHER



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TUESDAY

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11AM		DAILY PRIORITIES	
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1AM			<input type="checkbox"/>
2AM			<input type="checkbox"/>
3AM		WATER BALANCE	
4AM			      
5AM		MOOD	    
6AM			
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11AM			

WEDNESDAY

DATE

WEATHER ☀️ ☁️ ☔️ ☤️ ☦️ ☩ ☮️ ☪️ ☫

SCHEDULE		TO-DO LIST	
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DAILY PRIORITIES

WATER BALANCE



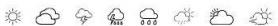
MOOD



THURSDAY

DATE

WEATHER



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DAILY PRIORITIES

WATER BALANCE

MOOD

FRIDAY

DATE



SCHEDULE		TO-DO LIST							
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3AM		WATER BALANCE							
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SATURDAY

DATE

WEATHER



SCHEDULE		TO-DO LIST	
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DAILY PRIORITIES

WATER BALANCE

MOOD

SUNDAY

DATE

WEATHER



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3AM		WATER BALANCE	
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5AM		MOOD	    
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APPOINTMENTS

PLACE	DATE
DOCTOR	
APPOINTMENT PURPOSE	
QUESTIONS TO ASK	
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<input type="checkbox"/>	
<input type="checkbox"/>	
DOCTOR NOTES	
<input type="checkbox"/>	
AFTER APPOINTMENT TO-DO LIST	
<input type="checkbox"/>	

MEDICATION TRACKER

NAME: _____ WEEK: _____

#	MEDICATION / SUPPLEMENT	M	T	W	T	F	S	S
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GROCERY LIST

The image displays a 4x2 grid of eight notepad pages. Each page features a light blue border and a white rectangular box at the top for writing a title or date. The main body of each page contains five horizontal lines for notes, with the second and fourth lines being dashed to indicate where to write. On the left margin of each page, there is a vertical column of five small, empty circles, likely for marking tasks.

MEAL PLANNER

	BREAKFAST	LUNCH	DINNER	SNACKS &
MON				WATER <input type="checkbox"/> <input type="checkbox"/>
TUE				WATER <input type="checkbox"/> <input type="checkbox"/>
WED				WATER <input type="checkbox"/> <input type="checkbox"/>
THU				WATER <input type="checkbox"/> <input type="checkbox"/>
FRI				WATER <input type="checkbox"/> <input type="checkbox"/>
SAT				WATER <input type="checkbox"/> <input type="checkbox"/>
SUN				WATER <input type="checkbox"/> <input type="checkbox"/>

MEAL PLANNER

M T W T F S S

	BREAKFAST				LUNCH				
MENU					MENU				
CALORIES	PROTEIN	CARBS	FAT	CALORIES	PROTEIN	CARBS	FAT		
TIME									
SNACK					DINNER				
MENU					MENU				
CALORIES	PROTEIN	CARBS	FAT	CALORIES	PROTEIN	CARBS	FAT		
TIME									

CALORIE TRACKER

DAY

BREAKFAST	PROTEINS	CARBS	CALORIES	FATS

LUNCH	PROTEINS	CARBS	CALORIES	FATS

DINNER	PROTEINS	CARBS	CALORIES	FATS

SNACKS	PROTEINS	CARBS	CALORIES	FATS

How to Tame Your Inner Chimp: A Guide to Managing ADHD with Mindfulness

When I was prescribed [Melleril](#) for hyperactivity in the early 1970s, I thought to myself, "Yay, I get to be like Mommy!"

My mom had her own round tin filled with all her medications. Back then, hyperactivity was called ADD, then ADHD, and now some people fall into the neurodiversity field.

The brain differences that come with these conditions have challenged scientists, parents, and kids. It's a vast spectrum, and no two people are exactly alike in terms of their symptoms.



youtube.com/watch?v=VQ-xaCiOJDs

Mindfulness, meditation, and yoga are all practices that can be helpful for some neurodiverse people. However, they don't always work for everyone, and that's okay. Even if you don't find that these practices help you manage your neurodiversity, you may still gain insights about yourself and find the path that's right for you.

People who find mindfulness helpful often find that the results vary from person to person. What works for one person may not work for another. This is because mindfulness is a complex practice that can be adapted to different needs and preferences.

For example, some people find that they need to tweak the procedures of mindfulness practice. This might mean changing the length of the practice, the type of meditation, or the setting. Others find that they need to adjust their discipline. This might mean being more consistent with their practice or finding ways to make it more enjoyable. Still others find that they need to modify the asanas (yoga poses) they use. This might mean making the poses easier or more challenging, or finding poses that are better suited to their individual needs.

There is no right or wrong way to modify mindfulness practice. The most important thing is to find what works best for you. If you're not sure where to start, you can talk to a therapist or mindfulness instructor. They can help you develop a practice that is tailored to your individual needs and preferences.

Here are some examples of how people might modify mindfulness practice:

- Someone who is easily distracted might shorten their mindfulness practice or find a quieter place to practice.
- Someone who is kinesthetic (learns by moving) might incorporate more movement into their mindfulness practice, such as walking meditation or yoga.



- Someone who has sensory sensitivities might use earplugs or eye shades to block out distractions.

The important thing is to find what works for you and to be patient with yourself. It takes time and practice to develop a mindfulness practice that is effective for you.

Have you ever felt like your mind is a wild monkey, swinging from thought to thought without a care in the world? If so, you're not alone. People with ADHD often have what's called a "monkey mind," which is a term used to describe the feeling of having a constantly racing mind.

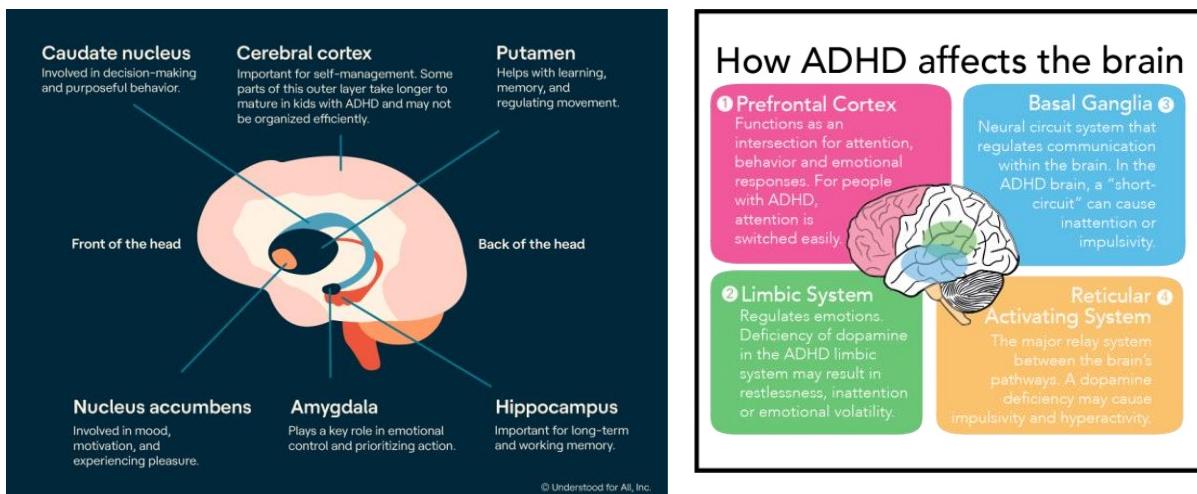
But don't worry, there's hope! Mindfulness can help you tame your inner chimp and learn to focus your attention more effectively.

Mindfulness is the practice of paying attention to the present moment without judgment. It's a way of training your mind to focus on one thing at a time and to let go of distractions.

There are many different ways to practice mindfulness, but one simple way is to focus on your breath. When you notice your mind wandering, gently bring your attention back to your breath.

With practice, you'll start to be able to focus your attention for longer periods of time. And as you do, you'll find that your monkey mind starts to calm down.

So if you're struggling with ADHD, don't give up! Mindfulness can help you tame your inner chimp and live a more focused and productive life.



What goes on inside the brain of an ADHD person:

Attention deficit hyperactivity disorder (ADHD) is a neurodevelopmental disorder that affects a person's ability to pay attention, control their impulses, and be still. It is estimated that 6.1 million children in the United States have ADHD, and 2.5% of adults have the condition.

The exact cause of ADHD is unknown, but it is thought to be caused by a combination of genetic and environmental factors. There is some evidence that ADHD is associated with differences in the structure and function of the brain.

One of the most well-studied areas of the brain in ADHD is the prefrontal cortex. *The prefrontal cortex is responsible for executive functions, such as planning, organizing, and decision-making.* People with ADHD often have smaller prefrontal cortices than people without ADHD. They also have less activity in this area of the brain.

Another area of the brain that is often affected in ADHD is the striatum. *The striatum is involved in reward and motivation.* People with ADHD often have more activity in this area of the brain, which may lead to them seeking out stimulating activities.

In addition to these structural and functional differences, people with ADHD may also have problems with neurotransmitters. *Neurotransmitters are chemicals that allow brain cells to communicate with each other.* People with ADHD often have lower levels of dopamine and norepinephrine, which are two important neurotransmitters involved in attention and impulse control.

The combination of these factors can lead to the symptoms of ADHD, such as difficulty paying attention, impulsive behavior, and hyperactivity.

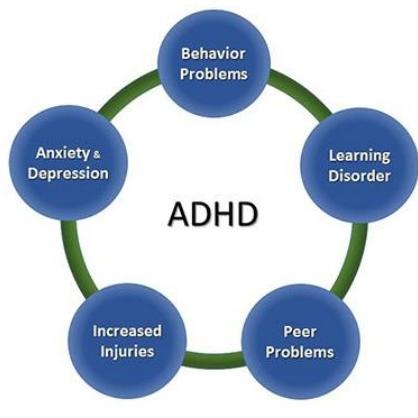
How does ADHD affect the brain?

The brain is a complex organ, and there are many different ways that ADHD can affect it. Some of the most common changes include:

- **Changes in brain structure:** People with ADHD often have smaller prefrontal cortices and striata than people without ADHD. They may also have less activity in these areas of the brain.
- **Changes in brain function:** People with ADHD often have problems with attention, impulse control, and working memory. They may also have problems with emotional regulation and decision-making.
- **Changes in neurotransmitter levels:** People with ADHD often have lower levels of dopamine and norepinephrine, which are two important neurotransmitters involved in attention and impulse control.

What are the effects of ADHD on behavior?

The effects of ADHD on behavior can vary depending on the individual. However, some common symptoms include:



- **Difficulty paying attention:** People with ADHD often have difficulty paying attention to details, following instructions, and staying on task. They may also be easily distracted and forgetful.
- **Impulsive behavior:** People with ADHD often act without thinking, which can lead to problems in school,

work, and relationships. They may also be more likely to take risks and engage in risky behaviors.

- **Hyperactivity:** People with ADHD may be fidgety, restless, and have difficulty sitting still. They may also talk excessively and have difficulty waiting their turn.

How is ADHD diagnosed?

ADHD is diagnosed based on a combination of factors, including:

- **Symptoms:** The person must have a number of symptoms of ADHD that have been present for at least six months.
- **Severity:** The symptoms must be severe enough to interfere with the person's functioning in school, work, or relationships.
- **Duration:** The symptoms must have been present since childhood.
- **Exclusion of other conditions:** The symptoms cannot be explained by another condition, such as anxiety or depression.

How is ADHD treated?

There are a number of different treatments available for ADHD, including:

- **Medication:** Medication is the most common treatment for ADHD. There are a number of different medications available, and the best medication for each individual will vary.
- **Psychotherapy:** Psychotherapy can help people with ADHD learn how to manage their symptoms and improve their overall functioning.
- **Behavioral therapy:** Behavioral therapy can help people with ADHD learn how to change their behavior and develop coping mechanisms.
- **Education and support:** Education and support can help people with ADHD and their families understand the condition and learn how to manage it.

The prognosis for ADHD is generally good. With treatment, most people with ADHD are able to live productive and fulfilling lives.

<https://youtu.be/5eYcdGMJCZM>

Why people with ADHD might sometimes feel hopeless.

- **They may feel like they are different from everyone else and that they can't do the same things as other people.** This can lead to feelings of isolation and loneliness.
- **They may have experienced repeated failures in school, work, or relationships.** This can lead to feelings of inadequacy and worthlessness.
- **They may have difficulty managing their symptoms of ADHD.** This can lead to feelings of frustration and helplessness.
- **They may have been stigmatized or discriminated against because of their ADHD.** This can lead to feelings of anger, resentment, and hopelessness.

If you are feeling hopeless, it is important to remember that you are not alone. There are many people who understand what you are going through and who can help you. There are also many effective treatments available for ADHD. With the right support, you can live a happy and fulfilling life.

<https://youtu.be/W5wqjLGKWmE>

Here are some tips for coping with feelings of hopelessness:

- **Talk to someone you trust about how you are feeling.** This could be a friend, family member, therapist, or other professional.
- **Find a support group for people with ADHD.** This can be a great way to connect with others who understand what you are going through.
- **Focus on your strengths.** Everyone has strengths, even people with ADHD. Make a list of your strengths and focus on them whenever you are feeling down.
- **Set realistic goals for yourself.** Don't try to do too much too soon. Start with small, achievable goals and gradually work your way up to larger goals.
- **Take care of yourself.** This means getting enough sleep, eating healthy foods, and exercising regularly. Taking care of yourself will help you feel better physically and mentally.

Remember, you are not alone. There are many people who understand what you are going through and who can help you. With the right support, you can live a happy and fulfilling life.

Here are some DBT skills that can help people with ADHD balance their symptoms:

- **Mindfulness:** Mindfulness is the practice of paying attention to the present moment without judgment. This can help people with ADHD become more aware of their thoughts, feelings, and behaviors, and it can help them to better regulate their emotions.
- **Distress tolerance:** Distress tolerance skills help people to cope with difficult emotions and situations in a healthy way. These skills can include things like relaxation techniques, distraction, and self-soothing.
- **Emotion regulation:** Emotion regulation skills help people to manage their emotions in a healthy way. These skills can include things like identifying emotions, labeling emotions, and expressing emotions in a healthy way.
- **Interpersonal effectiveness:** Interpersonal effectiveness skills help people to communicate their needs and wants in a clear and assertive way. These skills can include things like active listening, asserting yourself, and saying no.

Here are some specific examples of how these skills can be used to help people with ADHD:

- **Mindfulness:** If a person with ADHD is feeling overwhelmed by their thoughts and feelings, they can practice mindfulness by focusing on their breath or the sensations in their body. This can help them to calm down and to get a better perspective on the situation.

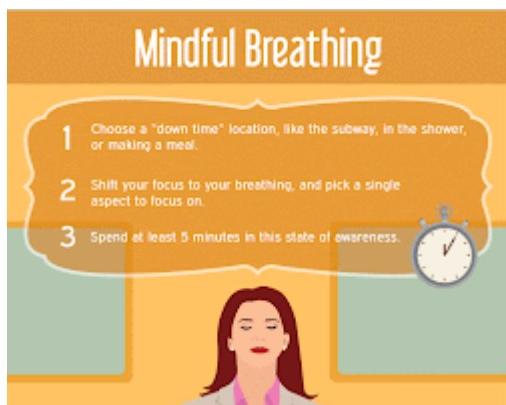
- **Distress tolerance:** If a person with ADHD is feeling stressed or anxious, they can use distress tolerance skills to cope with these emotions. For example, they could practice relaxation techniques such as deep breathing or meditation. They could also distract themselves by doing something they enjoy, such as listening to music or reading.
- **Emotion regulation:** If a person with ADHD is feeling angry or frustrated, they can use emotion regulation skills to manage these emotions. For example, they could identify the emotion they are feeling and label it. They could then express the emotion in a healthy way, such as through exercise or journaling.
- **Interpersonal effectiveness:** If a person with ADHD is having difficulty communicating their needs to others, they can use interpersonal effectiveness skills to improve their communication. For example, they could practice active listening by paying attention to what the other person is saying and by asking clarifying questions. They could also assert themselves by stating their needs clearly and directly.

It is important to note that these are just a few examples of how DBT skills can be used to help people with ADHD. There are many other ways that these skills can be used, and the best way to use them will vary from person to person. If you are interested in learning more about DBT, there are many resources available online and in libraries. You can also talk to a therapist or counselor who specializes in DBT.

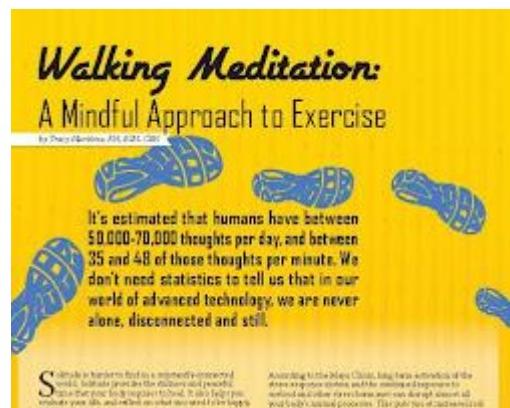
Here are 12 mindfulness exercises that can assist persons with ADHD:



- **Body scan:** This is a simple mindfulness exercise that involves paying attention to the sensations in your body. Start by sitting or lying in a comfortable position. Close your eyes and take a few deep breaths. Then, focus your attention on your feet. Notice the sensations of your feet on the ground. Then, move your attention up to your legs, your torso, your arms, your neck, and your head. Notice any changes in the sensations as you move your attention up your body. [Calm Sage](#) Body scan mindfulness exercise



- **Breathing meditation:** This is another simple mindfulness exercise that involves focusing on your breath. Start by sitting or lying in a comfortable position. Close your eyes and take a few deep breaths. Then, focus your attention on the rise and fall of your breath. Notice the feeling of the air as it enters and leaves your body. You may also want to count your breaths, or to label each breath as "in" and "out." [American Nurse](#) Breathing meditation mindfulness exercise



- **Mindful eating:** This is a mindfulness exercise that you can do while you are eating. Start by paying attention to the food in front of you. Notice the colors, the shapes, and the textures of the food. Then, take a bite of the food and notice the taste, the smell, and the feeling of the food in your mouth. You may also want to pay attention to your thoughts and feelings as you are eating. [Mental Health Pal](#) Mindful eating mindfulness exercise



Mindful Listening	
Take the time to pay attention to things around us like listening to music or talking to someone.	
It's not always obvious, but there is a world of sound around us all around us. We can hear, we can stop and become aware of the sounds that are around us. We can listen to sounds for pleasure or relaxation, or just for the moment. Just listen to the sounds of everyday life for the sounds of nature and see if you can write down the sounds that you hear.	
	Can you hear the sound of the airplane? _____
	Can you hear birds sing? _____
	Can you hear the alarm? _____
	Can you hear the kettle boil? _____
	Can you hear the dog bark? _____

- **Mindful listening:** This is a mindfulness exercise that you can do while you are listening to music or to someone talking. Start by paying attention to the sounds that you are hearing. Notice the different pitches, the volumes, and the rhythms of the sounds. You may also want to pay attention to your thoughts and feelings as you are listening. [Twinkl](#) Mindful listening mindfulness exercise

ful nature: This is a mindfulness exercise that you can do while you are in nature. Start by paying attention to your surroundings. Notice the trees, the plants, the animals, and the sounds of nature. You may also want to pay attention to your thoughts and feelings as you are in nature. [Healing Forest](#) Mindful nature mindfulness exercise





- **Mindful movement:** This is a mindfulness exercise that you can do while you are moving your body. Start by paying attention to your body as you are moving. Notice the sensations in your muscles and joints. You may also want to pay attention to your breath or to the thoughts and feelings that come up as you are moving. [Mindful.org](https://www.mindful.org) Mindful movement mindfulness exercise

- **Mindful journaling:** This is a mindfulness exercise that you can do by writing in a journal. Start by writing about your thoughts and feelings. You may also want to write about your experiences with mindfulness. [Journal Buddies](https://www.journalbuddies.com) Mindful journaling mindfulness exercise



- my life?
- What are my biggest pet peeves? Why?
 - Some areas that I'd like to improve in my life include:
 - What are my most important values?
 - What are the three qualities I love most about myself?
 - Do I procrastinate in my life? Why?
 - What are my top fears? How are these fears holding me back?
 - What are the three things I spend most of my time on every day?
 - How am I impacting other people around

- **Mindful drawing:** This is a mindfulness exercise that you can do by drawing or painting. Start by paying attention to the colors, the shapes, and the textures that you are using. You may also want to pay attention to your thoughts and feelings as you are drawing or painting. [MINDFUL CREATIVE MUSE](https://www.mindfulcreative.com) Mindful drawing mindfulness exercise

- **Mindful tai chi:** Tai chi is a gentle form of exercise that can be done mindfully. Start by paying attention to your body as you are moving through the tai chi movements. Notice the sensations in your muscles and joints. You may also want to pay attention to your breath or to the thoughts and feelings that come up as you are doing tai chi. [YMAA](https://www.ymaa.com) Mindful tai chi mindfulness exercise

Metarobics, Healing, and the Power of Tai Chi





- **Mindful yoga:** Yoga is another gentle form of exercise that can be done mindfully. Start by paying attention to your body as you are moving through the yoga poses. Notice the sensations in your muscles and joints. You may also want to pay attention to your breath or to the thoughts and feelings that come up as you are doing yoga. [Mindful.org Mindful yoga](https://www.mindful.org/mindful-yoga-mindfulness-exercise) mindfulness exercise

is a great way to relax your body and to improve your flexibility. Start by paying attention to your body as you are stretching. Notice the sensations in your muscles and joints. You may also want to pay attention to your breath or to the thoughts and feelings that come up as you are stretching. [Zenful Spirit](https://www.zenfulspirit.com/mindful-stretching-mindfulness-exercise) Mindful stretching mindfulness exercise



Pre-Caution

While engaging in any **yoga activities**, always remember:

- **Listen to your body.** Don't push yourself too hard, and be sure to **modify poses as needed**.
- **Use props to help you.** Props can be a great way to **make poses more accessible** and to reduce the risk of injury.
- **Take breaks.** If you're feeling tired or sore, take a break from your practice.
- **Don't be afraid to ask for help.** If you're not sure how to modify a pose or if you have any concerns, ask your instructor for help.

Always listen to your body and modify poses as needed. Also review on our [website](#), our guidance on using Yoga for mental health purposes.



Yoga

4 yin yoga asanas that are helpful for teens with ADHD:

- **Child's pose:** This is a gentle pose that is great for calming the mind and relaxing the body. To do child's pose, start on your hands and knees. Then, slowly lower your hips down to your heels and fold your torso over your thighs. Rest your forehead on the ground and relax your arms by your sides. Hold this pose for 5-10 minutes. [Yogajala](https://yogajala.com/child-s-pose/) Child's

pose yoga asana

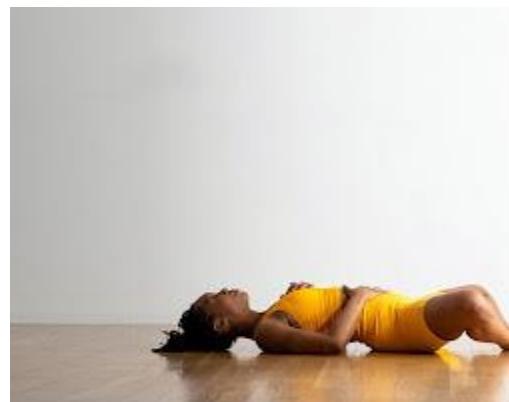
<https://youtu.be/swvLhYZuwGw>



- **Supported bridge pose:** This pose is a great way to stretch the back and open the chest. To do supported bridge pose, start lying on your back with your knees bent and your feet flat on the ground. Place a yoga block or a rolled-up blanket under your sacrum. Then, press into your feet and lift your hips up off the ground. Hold this pose for 5-10 minutes.
[Hugger Mugger Supported bridge pose yoga asana](#)

<https://youtu.be/Y6N0JeKNwMw>

- **Knee to chest pose:** This pose is a great way to stretch the hip flexors and open the chest. To do knee to chest pose, start sitting on the ground with your legs extended in front of you. Bend your right knee and bring your right foot to your chest. Hold your right thigh with both hands and gently pull your knee towards your chest. Hold this pose for 5 breaths, then switch sides.
[Yoga Class Plan](#)
Knee to chest pose yoga asana



- **Reclining bound angle pose:** This pose is a great way to stretch the inner thighs and groin. To do reclining bound angle pose, start lying on your back with your legs extended in front of you. Bend your knees and bring the soles of your feet together. Cross your arms over your shins and hold your feet with your hands. Gently draw your feet towards your body. Hold this pose for 5-10 minutes.
[Yoga Journal](#) Reclining bound angle pose yoga asana

<https://youtu.be/eJ7A6s4hqxk>

These are just a few examples of yin yoga asanas that are helpful for teens with ADHD. There are many other poses that you can try. If you are new to yoga, it is a good idea to start with simple poses and gradually work your way up to more challenging poses. It is also important to listen to your body and not push yourself too hard.

Yin yoga can be a great way for teens with ADHD to relax, focus, and improve their overall well-being. If you are interested in trying yin yoga, there are many resources available online and in libraries. You can also talk to a yoga instructor who can help you find poses that are right for you.



Resources

- **PTSD resources**
- Call the National Suicide Prevention Lifeline at 1-800-273-8255. This is a free and confidential service that is available 24 hours a day, 7 days a week.
 - Call the National Suicide Prevention Lifeline at 1-800-273-8255. This is a free and confidential service that is available 24 hours a day, 7 days a week.
 - The National Center for PTSD: <https://www.ptsd.va.gov/>
 - The Rape, Abuse & Incest National Network (RAINN): <https://www.rainn.org/>
 - The National Alliance on Mental Illness (NAMI): <https://www.nami.org/>
 - The American Psychological Association: <https://www.apa.org/>
- Prison Yoga Project - 200hr Yoga Teachers Training: <https://community.prisonyoga.org/courses/yoga-social-justice-and-leadership-a-200-hour-yoga-teacher-training/>
- In The Rooms (web based 12-STEP rooms) <https://www.intherooms.com/home/>
- National Institute of Mental Health: <https://www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd/index.shtml>
- Attention Deficit Disorder Association: <https://add.org/>
- American Academy of Child and Adolescent Psychiatry: <https://www.aacap.org/>

You can also find a therapist in your area by visiting the Psychology Today therapist directory: <https://www.psychologytoday.com/us/therapists>

MARCH 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

NOTES	TO DO

MONTH AT GLANCE

MONTH: _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○

NOTES

SYMPTOMS TRACKER

DATE

BREAKFAST	SYMPTOMS
SYMPTOMS SEVERITY 1 2 3 4 5 6 7 8 9 10	
LUNCH	SYMPTOMS
SYMPTOMS SEVERITY 1 2 3 4 5 6 7 8 9 10	
DINNER	SYMPTOMS
SYMPTOMS SEVERITY 1 2 3 4 5 6 7 8 9 10	
SNACK	SYMPTOMS
SYMPTOMS SEVERITY 1 2 3 4 5 6 7 8 9 10	



WEEKLY PLANNER

Weekly priorities

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Notes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Checklist

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Appointment

Reminder

MONDAY

DATE

WEATHER        



SCHEDULE		TO-DO LIST							
6AM			<input type="checkbox"/>						
7AM			<input type="checkbox"/>						
8AM			<input type="checkbox"/>						
9AM			<input type="checkbox"/>						
10AM			<input type="checkbox"/>						
11AM		DAILY PRIORITIES							
12AM			<input type="checkbox"/>						
1AM			<input type="checkbox"/>						
2AM			<input type="checkbox"/>						
3AM		WATER BALANCE							
4AM									
5AM		MOOD							
6AM									
7AM									
8AM									
9AM									
10AM									
11AM									

TUESDAY

DATE

WEATHER



SCHEDULE		TO-DO LIST	
6AM			<input type="checkbox"/>
7AM			<input type="checkbox"/>
8AM			<input type="checkbox"/>
9AM			<input type="checkbox"/>
10AM			<input type="checkbox"/>
11AM			<input type="checkbox"/>
12AM			<input type="checkbox"/>
1AM			<input type="checkbox"/>
2AM			<input type="checkbox"/>
3AM			<input type="checkbox"/>
4AM			<input type="checkbox"/>
5AM			<input type="checkbox"/>
6AM			<input type="checkbox"/>
7AM			<input type="checkbox"/>
8AM			<input type="checkbox"/>
9AM			<input type="checkbox"/>
10AM			<input type="checkbox"/>
11AM			<input type="checkbox"/>

DAILY PRIORITIES

WATER BALANCE

A row of eight small water glass icons.

MOOD

A row of five circular mood icons ranging from sad to happy.

WEDNESDAY

DATE

WEATHER ☀️ ☁️ ☔️ ☤️ ☦️ ☩ ☮️ ☪️ ☫

SCHEDULE		TO-DO LIST	
6AM			<input type="checkbox"/>
7AM			<input type="checkbox"/>
8AM			<input type="checkbox"/>
9AM			<input type="checkbox"/>
10AM			<input type="checkbox"/>
11AM			
12AM			<input type="checkbox"/>
1AM			<input type="checkbox"/>
2AM			<input type="checkbox"/>
3AM			
4AM			
5AM			
6AM			
7AM			
8AM			
9AM			
10AM			
11AM			

DAILY PRIORITIES

WATER BALANCE



MOOD



THURSDAY

DATE

WEATHER



SCHEDULE		TO-DO LIST							
6AM			<input type="checkbox"/>						
7AM			<input type="checkbox"/>						
8AM			<input type="checkbox"/>						
9AM			<input type="checkbox"/>						
10AM			<input type="checkbox"/>						
11AM		DAILY PRIORITIES							
12AM			<input type="checkbox"/>						
1AM			<input type="checkbox"/>						
2AM			<input type="checkbox"/>						
3AM		WATER BALANCE							
4AM									
5AM		MOOD							
6AM									
7AM									
8AM									
9AM									
10AM									
11AM									

FRIDAY

DATE

WEATHER



SCHEDULE		TO-DO LIST	
6AM			<input type="checkbox"/>
7AM			<input type="checkbox"/>
8AM			<input type="checkbox"/>
9AM			<input type="checkbox"/>
10AM			<input type="checkbox"/>
11AM			<input type="checkbox"/>
12AM			<input type="checkbox"/>
1AM			<input type="checkbox"/>
2AM			<input type="checkbox"/>
3AM			<input type="checkbox"/>
4AM			<input type="checkbox"/>
5AM			<input type="checkbox"/>
6AM			<input type="checkbox"/>
7AM			<input type="checkbox"/>
8AM			<input type="checkbox"/>
9AM			<input type="checkbox"/>
10AM			<input type="checkbox"/>
11AM			<input type="checkbox"/>

DAILY PRIORITIES

WATER BALANCE

MOOD

A row of eight small water glass icons.

A row of five smiley face icons showing increasing levels of happiness.

SATURDAY

DATE

WEATHER



SCHEDULE		TO-DO LIST	
6AM			<input type="checkbox"/>
7AM			<input type="checkbox"/>
8AM			<input type="checkbox"/>
9AM			<input type="checkbox"/>
10AM			<input type="checkbox"/>
11AM			<input type="checkbox"/>
12AM			<input type="checkbox"/>
1AM			<input type="checkbox"/>
2AM			<input type="checkbox"/>
3AM			<input type="checkbox"/>
4AM			<input type="checkbox"/>
5AM			<input type="checkbox"/>
6AM			<input type="checkbox"/>
7AM			<input type="checkbox"/>
8AM			<input type="checkbox"/>
9AM			<input type="checkbox"/>
10AM			<input type="checkbox"/>
11AM			<input type="checkbox"/>

DAILY PRIORITIES

WATER BALANCE

MOOD

A row of eight small water glass icons.

A row of five smiley face icons ranging from sad to happy.

SUNDAY

DATE

WEATHER



SCHEDULE		TO-DO LIST	
6AM			<input type="checkbox"/>
7AM			<input type="checkbox"/>
8AM			<input type="checkbox"/>
9AM			<input type="checkbox"/>
10AM			<input type="checkbox"/>
11AM		DAILY PRIORITIES	
12AM			<input type="checkbox"/>
1AM			<input type="checkbox"/>
2AM			<input type="checkbox"/>
3AM		WATER BALANCE	
4AM			      
5AM		MOOD	    
6AM			
7AM			
8AM			
9AM			
10AM			
11AM			

APPOINTMENTS

PLACE	DATE
DOCTOR	
APPOINTMENT PURPOSE	
QUESTIONS TO ASK	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
DOCTOR NOTES	
<input type="checkbox"/>	
AFTER APPOINTMENT TO-DO LIST	
<input type="checkbox"/>	

MEDICATION TRACKER

NAME: _____ WEEK: _____

#	MEDICATION / SUPPLEMENT	M	T	W	T	F	S	S
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
13								
14								
15								
16								
17								
18								
19								
20								

GROCERY LIST

MEAL PLANNER

	BREAKFAST	LUNCH	DINNER	SNACKS &
MON				WATER <input type="checkbox"/> <input type="checkbox"/>
TUE				WATER <input type="checkbox"/> <input type="checkbox"/>
WED				WATER <input type="checkbox"/> <input type="checkbox"/>
THU				WATER <input type="checkbox"/> <input type="checkbox"/>
FRI				WATER <input type="checkbox"/> <input type="checkbox"/>
SAT				WATER <input type="checkbox"/> <input type="checkbox"/>
SUN				WATER <input type="checkbox"/> <input type="checkbox"/>

MEAL PLANNER

M T W T F S S

	BREAKFAST				LUNCH				
MENU					MENU				
CALORIES	PROTEIN	CARBS	FAT	CALORIES	PROTEIN	CARBS	FAT		
TIME									
SNACK					DINNER				
MENU					MENU				
CALORIES	PROTEIN	CARBS	FAT	CALORIES	PROTEIN	CARBS	FAT		
TIME									

CALORIE TRACKER

DAY

BREAKFAST	PROTEINS	CARBS	CALORIES	FATS

LUNCH	PROTEINS	CARBS	CALORIES	FATS

DINNER	PROTEINS	CARBS	CALORIES	FATS

SNACKS	PROTEINS	CARBS	CALORIES	FATS



our adult lives.

ADHD persons use symbols to ground themselves in the present moment and focus their attention.

I grew up in a rural home with an exhaustive collection of esoteric and mystical books from my mom. I was fascinated by the stories of Atlantis, the [Lost Continent of Mu](#), [Edgar Cayce](#), and [Jeanne Dixon](#). My imaginative mind devoured those books, and I would often lose myself in the stories, watching them play out in my head.

I think everyone enjoys using their imaginations to explore the possibilities of science fiction. People on the spectrum or with ADHD often have creative and imaginative minds. It can be easy to get caught up in symbols and their roles in

How neurodiverse and ADHD persons look for symbols to assist them in navigating their lives:

Symbols and Neurodiversity

Neurodiversity is a term used to describe the natural variations in human neurological functioning. This includes conditions such as autism spectrum disorder, attention deficit hyperactivity disorder (ADHD), and dyslexia. People with neurodiverse brains often process information differently than people with neurotypical brains. *This can make it difficult for them to navigate the world in the same way as neurotypical people.*

One way that people with neurodiversity cope with these challenges is by using symbols. Symbols can help people with neurodiversity to make sense of the world around them and to communicate their needs and wants. They can also provide a sense of stability and predictability, which can be helpful for people who struggle with attention and focus.

There are many different types of symbols that can be used by people with neurodiversity. Some common examples include:

- **Visual symbols:** These are symbols that can be seen, such as pictures, icons, and signs. Visual symbols can be helpful for people with neurodiversity who struggle with auditory processing or who have difficulty understanding complex language.



- **Tactile symbols:** These are symbols that can be felt, such as textures, shapes, and weights. Tactile symbols can be helpful for people with neurodiversity who struggle with visual processing or who have difficulty understanding abstract concepts.
- **Auditory symbols:** These are symbols that can be heard, such as sounds, music, and words. Auditory symbols can be helpful for people with neurodiversity who struggle with visual processing or who have difficulty understanding abstract concepts.
- **Olfactory symbols:** These are symbols that can be smelled, such as scents, perfumes, and essential oils. Olfactory symbols can be helpful for people with neurodiversity who struggle with visual processing or who have difficulty understanding abstract concepts.
- **Gustatory symbols:** These are symbols that can be tasted, such as foods, drinks, and spices. Gustatory symbols can be helpful for people with neurodiversity who struggle with visual processing or who have difficulty understanding abstract concepts.

People with neurodiversity often use a combination of different types of symbols to help them navigate their lives. They may also use symbols in different ways, depending on their individual needs and preferences. For example, some people may use symbols to help them with tasks such as remembering appointments or following instructions. Others may use symbols to help them communicate their needs and wants, or to express their emotions.



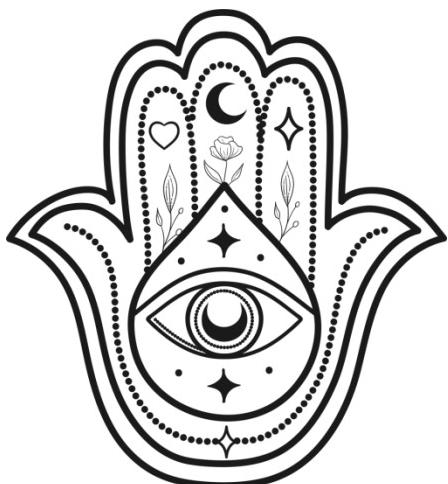
Symbols can be a valuable tool for people with neurodiversity. They can help people to make sense of the world around them, to communicate their needs and wants, and to feel more in control of their lives. If you are neurodiverse or know someone who is, consider exploring the use of symbols as a way to help them navigate their lives.

The Role of Mindfulness in Using Symbols

In addition to using symbols, mindfulness can also be a helpful tool for people with neurodiversity. Mindfulness is the practice of paying attention to the present moment without judgment. This can help people to become more aware of their thoughts, feelings, and sensations. It can also help people to focus their attention and to manage their emotions.

When used together, symbols and mindfulness can be a powerful combination. Symbols can provide a focus for mindfulness practice, and mindfulness can help people to use symbols more effectively. For example, a person with ADHD might use a visual symbol to help them stay focused on a task. They might also use mindfulness to help them notice when their attention is starting to wander.

If you are neurodiverse or know someone who is, consider exploring the use of symbols and mindfulness together. This can be a helpful way to improve your ability to navigate the world and to live a more fulfilling life.



Conclusion

Symbols can be a valuable tool for people with neurodiversity. They can help people to make sense of the world around them, to communicate their needs and wants, and to feel more in control of their lives. Mindfulness can also be a helpful tool for people with neurodiversity. When used together, symbols and mindfulness can be a powerful combination.

If you are neurodiverse or know someone who is, consider exploring the use of symbols and mindfulness together. This can be a helpful way to improve your ability to navigate the world and to live a more fulfilling life.

How neurodiverse and ADHD persons can use tactile symbols in going deeper in understanding mindfulness:

Tactile Symbols and Mindfulness

Mindfulness is the practice of paying attention to the present moment without judgment. This can be a challenging practice for anyone, but it can be especially challenging for people with neurodiversity or ADHD. People with neurodiversity often have difficulty paying attention to the present moment because they are easily distracted by their thoughts, feelings, or sensations. People with ADHD may also have difficulty staying focused on a task because they are easily bored or restless.

Tactile symbols can be a helpful tool for people with neurodiversity or ADHD who are trying to practice mindfulness. Tactile symbols are objects or textures that have a specific meaning. For example, a smooth stone might represent peace, while a rough rock might represent determination.

Using tactile symbols can help people with neurodiversity or ADHD to focus their attention on the present moment. When people focus on the tactile sensations of a symbol, they are less likely to be distracted by their thoughts, feelings, or sensations. This can help them to stay present and to practice mindfulness.

There are many different ways to use tactile symbols for mindfulness. One way is to create a tactile meditation kit. This kit could include a variety of tactile symbols, such as smooth stones, rough rocks, soft fabrics, and hard objects. People could use these symbols to focus their attention during meditation.

Another way to use tactile symbols for mindfulness is to create a tactile journey. This journey could involve walking through a room or a garden and touching different objects or textures. As people touch the objects, they could focus on the sensations in their hands and the present moment.

Tactile symbols can also be used to create a tactile mindfulness app. This app could include a variety of tactile symbols, as well as guided meditations and mindfulness exercises. People could use this app to practice mindfulness whenever they need a break or a moment of calm.

Using tactile symbols for mindfulness can be a helpful way for people with neurodiversity or ADHD to connect with their bodies and to focus their attention on the present moment. This can help them to reduce stress, improve their focus, and increase their self-awareness.



remember information. They might also use a tactile symbol to help them to decode words.

Here are some specific examples of how tactile symbols can be used for mindfulness:

- **For people with ADHD:** A person with ADHD might use a smooth stone to help them stay focused during a task. They might also use a rough rock to help them to ground themselves when they are feeling overwhelmed.
- **For people on the autism spectrum:** A person on the autism spectrum might use a tactile symbol to help them communicate their needs and wants. They might also use a tactile symbol to help them to regulate their emotions.
- **For people with dyslexia:** A person with dyslexia might use a tactile symbol to help them remember information. They might also use a tactile symbol to help them to decode words.

No matter what your neurodiversity or ADHD challenges are, tactile symbols can be a helpful tool for mindfulness. If you are interested in trying tactile symbols for mindfulness, there are many resources available online and in libraries. You can also find tactile symbols at some specialty stores.

I hope this has given you some ideas on how to use tactile symbols for mindfulness. If you have any questions, please feel free to ask me.

How neurodiverse and ADHD persons can use auditory symbols in going deeper in understanding mindfulness:

Auditory Symbols and Mindfulness

Mindfulness is the practice of paying attention to the present moment without judgment. This can be a challenging practice for anyone, but it can be especially challenging for people with neurodiversity or ADHD. People with neurodiversity often have difficulty paying attention to the present moment because they are easily distracted by their thoughts, feelings, or sensations. People with ADHD may also have difficulty staying focused on a task because they are easily bored or restless.

Auditory symbols can be a helpful tool for people with neurodiversity or ADHD who are trying to practice mindfulness. Auditory symbols are sounds that have a specific meaning. For example, a bell might represent peace, while a drumbeat might represent determination.

Using auditory symbols can help people with neurodiversity or ADHD to focus their attention on the present moment. When people focus on the auditory sensations of a symbol, they are less likely to be distracted by their thoughts, feelings, or sensations. This can help them to stay present and to practice mindfulness.

There are many different ways to use auditory symbols for mindfulness. One way is to create an auditory meditation playlist. This playlist could include a variety of calming sounds, such as nature sounds, instrumental music, or white noise. People could listen to this playlist during meditation to help them focus their attention.

Another way to use auditory symbols for mindfulness is to create an auditory journey. This journey could involve listening to a series of sounds that take people on a journey through nature or through different emotions. As people listen to the sounds, they could focus on the sensations in their ears and the present moment.

Auditory symbols can also be used to create an auditory mindfulness app. This app could include a variety of calming sounds, as well as guided meditations and mindfulness exercises. People could use this app to practice mindfulness whenever they need a break or a moment of calm.



overwhelmed.

- **For people with ADHD:** A person with ADHD might use a bell to help them stay focused during a task. They might also use a drumbeat to help them to ground themselves when they are feeling overwhelmed.
- **For people on the autism spectrum:** A person on the autism spectrum might use an auditory symbol to help them communicate their needs and wants. They might also use an auditory symbol to help them to regulate their emotions.
- **For people with dyslexia:** A person with dyslexia might use an auditory symbol to help them remember information. They might also use an auditory symbol to help them to decode words.

No matter what your neurodiversity or ADHD challenges are, auditory symbols can be a helpful tool for mindfulness. If you are interested in trying auditory symbols for mindfulness,

there are many resources available online and in libraries. You can also find auditory symbols at some specialty stores.

Here are some additional tips for using auditory symbols for mindfulness:

- Choose symbols that have a calming or soothing effect on you.
- Use symbols that are meaningful to you.
- Experiment with different types of auditory symbols to find what works best for you.
- Be patient and consistent with your practice.

With a little practice, you can use auditory symbols to help you deepen your understanding of mindfulness and to improve your overall well-being.

How neurodiverse and ADHD persons can use Olfactory symbols in going deeper in understanding mindfulness:

Olfactory Symbols and Mindfulness

Mindfulness is the practice of paying attention to the present moment without judgment. This can be a challenging practice for anyone, but it can be especially challenging for people with neurodiversity or ADHD. People with neurodiversity often have difficulty paying attention to the present moment because they are easily distracted by their thoughts, feelings, or sensations. People with ADHD may also have difficulty staying focused on a task because they are easily bored or restless.

Olfactory symbols can be a helpful tool for people with neurodiversity or ADHD who are trying to practice mindfulness. Olfactory symbols are scents that have a specific meaning. For example, lavender might represent relaxation, while peppermint might represent focus.

Using olfactory symbols can help people with neurodiversity or ADHD to focus their attention on the present moment. When people focus on the olfactory sensations of a symbol, they are less likely to be distracted by their thoughts, feelings, or sensations. This can help them to stay present and to practice mindfulness.

There are many different ways to use olfactory symbols for mindfulness. One way is to create an olfactory meditation kit. This kit could include a variety of essential oils, such as lavender, peppermint, and chamomile. People could use these oils during meditation to help them focus their attention.

Another way to use olfactory symbols for mindfulness is to create an olfactory journey. This journey could involve walking through a room or a garden and smelling different scents. As people smell the scents, they could focus on the sensations in their nose and the present moment.

Olfactory symbols can also be used to create an olfactory mindfulness app. This app could include a variety of calming scents, as well as guided meditations and mindfulness exercises.

People could use this app to practice mindfulness whenever they need a break or a moment of calm.

Using olfactory symbols for mindfulness can be a helpful way for people with neurodiversity or ADHD to connect with their bodies and to focus their attention on the present moment. This can help them to reduce stress, improve their focus, and increase their self-awareness.



Here are some specific examples of how olfactory symbols can be used for mindfulness:

- **For people with ADHD:** A person with ADHD might use lavender essential oil to help them relax and focus during a task. They might also use peppermint essential oil to help them stay alert and focused during a test.
 - **For people on the autism spectrum:** A person on the autism spectrum might use an olfactory symbol to help them communicate their needs and wants. They might also use an olfactory symbol to help them to regulate their emotions.
 - **For people with dyslexia:** A person with dyslexia might use an olfactory symbol to help them remember information. They might also use an olfactory symbol to help them to decode words.

No matter what your neurodiversity or ADHD challenges are, olfactory symbols can be a helpful tool for mindfulness. If you are interested in trying olfactory symbols for mindfulness, there are many resources available online and in libraries. You can also find essential oils at some specialty stores.

Here are some additional tips for using olfactory symbols for mindfulness:

- Choose symbols that have a calming or soothing effect on you.
- Use symbols that are meaningful to you.
- Experiment with different types of olfactory symbols to find what works best for you.
- Be patient and consistent with your practice.

With a little practice, you can use olfactory symbols to help you deepen your understanding of mindfulness and to improve your overall well-being.

How neurodiverse and ADHD persons can use Gustatory symbols in going deeper in understanding mindfulness:

Gustatory Symbols and Mindfulness

Mindfulness is the practice of paying attention to the present moment without judgment. This can be a challenging practice for anyone, but it can be especially challenging for people with

neurodiversity or ADHD. People with neurodiversity often have difficulty paying attention to the present moment because they are easily distracted by their thoughts, feelings, or sensations. People with ADHD may also have difficulty staying focused on a task because they are easily bored or restless.

Gustatory symbols can be a helpful tool for people with neurodiversity or ADHD who are trying to practice mindfulness. Gustatory symbols are tastes that have a specific meaning. For example, chocolate might represent comfort, while lemon might represent alertness.

Using gustatory symbols can help people with neurodiversity or ADHD to focus their attention on the present moment. When people focus on the gustatory sensations of a symbol, they are less likely to be distracted by their thoughts, feelings, or sensations. This can help them to stay present and to practice mindfulness.

There are many different ways to use gustatory symbols for mindfulness. One way is to create a gustatory meditation kit. This kit could include a variety of foods and drinks, such as chocolate, lemon, and peppermint. People could use these foods and drinks during meditation to help them focus their attention.

Another way to use gustatory symbols for mindfulness is to create a gustatory journey. This journey could involve eating or drinking different foods and drinks. As people eat or drink the foods and drinks, they could focus on the sensations in their mouth and the present moment.

Gustatory symbols can also be used to create a gustatory mindfulness app. This app could include a variety of calming tastes, as well as guided meditations and mindfulness exercises. People could use this app to practice mindfulness whenever they need a break or a moment of calm.



Using gustatory symbols for mindfulness can be a helpful way for people with neurodiversity or ADHD to connect with their bodies and to focus their attention on the present moment. This can help them to reduce stress, improve their focus, and increase their self-awareness.

Here are some specific examples of how gustatory symbols can be used for mindfulness:

- **For people with ADHD:** A person with ADHD might use chocolate to help them relax and focus during a task. They might also use lemon to help them stay alert and focused during a test.
- **For people on the autism spectrum:** A person on the autism spectrum might use a gustatory symbol to help them communicate their needs and wants. They might also use a gustatory symbol to help them to regulate their emotions.
- **For people with dyslexia:** A person with dyslexia might use a gustatory symbol to help them remember information. They might also use a gustatory symbol to help them to decode words.

No matter what your neurodiversity or ADHD challenges are, gustatory symbols can be a helpful tool for mindfulness. If you are interested in trying gustatory symbols for mindfulness, there are many resources available online and in libraries. You can also find foods and drinks at some specialty stores.

Here are some additional tips for using gustatory symbols for mindfulness:

- Choose symbols that have a calming or soothing effect on you.
- Use symbols that are meaningful to you.
- Experiment with different types of gustatory symbols to find what works best for you.
- Be patient and consistent with your practice.

With a little practice, you can use gustatory symbols to help you deepen your understanding of mindfulness and to improve your overall well-being.

Pre-Caution

While engaging in any yoga activities, always remember:

- Listen to your body. Don't push yourself too hard, and be sure to modify poses as needed.
- Use props to help you. Props can be a great way to make poses more accessible and to reduce the risk of injury.
- Take breaks. If you're feeling tired or sore, take a break from your practice.
- Don't be afraid to ask for help. If you're not sure how to modify a pose or if you have any concerns, ask your instructor for help.

Always listen to your body and modify poses as needed. Also review on our [website](#), our guidance on using Yoga for mental health purposes.

Research

Here are academic and scientific articles on neurodiversity and ADHD persons using mindfulness symbols:

- "Using Mindfulness Symbols to Support Neurodiverse Students in Schools" by Sarah E. O'Toole, published in the Journal of Autism and Developmental Disorders in 2019. This article discusses how mindfulness symbols can be used to support neurodiverse students in schools. The article provides a review of the literature on mindfulness symbols and neurodiversity, and it describes a case study of a school that used mindfulness symbols to support neurodiverse students.
- Mindfulness-Based Program for Children with Autism Spectrum Disorder and Their Parents: Direct and Long-Term Improvements
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5968048/>
- Attention Deficit Hyperactivity Disorder and Mindfulness by D Nikander · 2015
<https://core.ac.uk/download/pdf/14570946>

- "The Use of Mindfulness Symbols to Improve Attention and Self-Regulation in Children with ADHD" by Jessica R. Newcomer, published in the Journal of Attention Disorders in 2018. This article discusses how mindfulness symbols can be used to improve attention and self-regulation in children with ADHD. The article provides a review of the literature on mindfulness symbols and ADHD, and it describes a study that found that mindfulness symbols can be effective in improving attention and self-regulation in children with ADHD.
 - "The Use of Mindfulness Symbols to Promote Emotional Regulation in Adolescents with Autism Spectrum Disorder" by Mary M. Klahr, published in the Journal of Autism and Developmental Disorders in 2020. This article discusses how mindfulness symbols can be used to promote emotional regulation in adolescents with ASD. The article provides a review of the literature on mindfulness symbols and ASD, and it describes a study that found that mindfulness symbols can be effective in promoting emotional regulation in adolescents with ASD.
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Resources

- [PTSD resources](#)



- Call the National Suicide Prevention Lifeline at **1-800-273-8255**. This is a free and confidential service that is available 24 hours a day, 7 days a week.
- Call the National Suicide Prevention Lifeline at **1-800-273-8255**. This is a free and confidential service that is available 24 hours a day, 7 days a week.
- The National Center for PTSD: <https://www.ptsd.va.gov/>
- The Rape, Abuse & Incest National Network (RAINN): <https://www.rainn.org/>
- The National Alliance on Mental Illness (NAMI): <https://www.nami.org/>
- The American Psychological Association: <https://www.apa.org/>
- Prison Yoga Project - 200hr Yoga Teachers Training: <https://community.prisonyoga.org/courses/yoga-social-justice-and-leadership-a-200-hour-yoga-teacher-training/>

- In The Rooms (web based 12-STEP rooms) <https://www.intherooms.com/home/>
- National Institute of Mental Health: <https://www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd/index.shtml>
- Attention Deficit Disorder Association: <https://add.org/>
- American Academy of Child and Adolescent Psychiatry: <https://www.aacap.org/>
- Everything Neurodiversity <https://www.everythingneurodiversity.com/>
- Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD) <https://chadd.org/>

You can also find a therapist in your area by visiting the Psychology Today therapist directory: <https://www.psychologytoday.com/us/therapists>

APRIL 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

NOTES	TO DO

MONTH AT GLANCE

MONTH: _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○

NOTES

SYMPTOMS TRACKER

DATE

BREAKFAST	SYMPTOMS
SYMPTOMS SEVERITY 1 2 3 4 5 6 7 8 9 10	
LUNCH	SYMPTOMS
SYMPTOMS SEVERITY 1 2 3 4 5 6 7 8 9 10	
DINNER	SYMPTOMS
SYMPTOMS SEVERITY 1 2 3 4 5 6 7 8 9 10	
SNACK	SYMPTOMS
SYMPTOMS SEVERITY 1 2 3 4 5 6 7 8 9 10	



WEEKLY PLANNER

Weekly priorities

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Notes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Checklist

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-

Appointment

Reminder

MONDAY

DATE

WEATHER



SCHEDULE		TO-DO LIST	
6AM			<input type="checkbox"/>
7AM			<input type="checkbox"/>
8AM			<input type="checkbox"/>
9AM			<input type="checkbox"/>
10AM			<input type="checkbox"/>
11AM		DAILY PRIORITIES	
12AM			<input type="checkbox"/>
1AM			<input type="checkbox"/>
2AM			<input type="checkbox"/>
3AM		WATER BALANCE	
4AM			      
5AM		MOOD	    
6AM			
7AM			
8AM			
9AM			
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TUESDAY

DATE

WEATHER



SCHEDULE		TO-DO LIST	
6AM			<input type="checkbox"/>
7AM			<input type="checkbox"/>
8AM			<input type="checkbox"/>
9AM			<input type="checkbox"/>
10AM			<input type="checkbox"/>
11AM		DAILY PRIORITIES	
12AM			<input type="checkbox"/>
1AM			<input type="checkbox"/>
2AM			<input type="checkbox"/>
3AM		WATER BALANCE	
4AM			      
5AM		MOOD	    
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11AM			

WEDNESDAY

DATE



THURSDAY

DATE

WEATHER



SCHEDULE		TO-DO LIST	
6AM			<input type="checkbox"/>
7AM			<input type="checkbox"/>
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10AM			<input type="checkbox"/>
11AM			<input type="checkbox"/>

DAILY PRIORITIES

WATER BALANCE

A row of eight small water glass icons, each with a drop falling from it.

MOOD

A row of five circular mood icons ranging from sad to happy.

FRIDAY

DATE



SCHEDULE		TO-DO LIST	
6AM			<input type="checkbox"/>
7AM			<input type="checkbox"/>
8AM			<input type="checkbox"/>
9AM			<input type="checkbox"/>
10AM			<input type="checkbox"/>
11AM		DAILY PRIORITIES	
12AM			<input type="checkbox"/>
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3AM		WATER BALANCE	
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5AM		MOOD	    
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SATURDAY

DATE

WEATHER



SCHEDULE		TO-DO LIST	
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9AM			<input type="checkbox"/>
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11AM			<input type="checkbox"/>

DAILY PRIORITIES

WATER BALANCE

MOOD

A row of eight small water glass icons.

A row of five smiley face icons showing increasing levels of happiness from left to right.

SUNDAY

DATE



SCHEDULE		TO-DO LIST	
6AM			<input type="checkbox"/>
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10AM			<input type="checkbox"/>
11AM		DAILY PRIORITIES	
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3AM		WATER BALANCE	
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5AM		MOOD	
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APPOINTMENTS

PLACE	DATE
DOCTOR	
APPOINTMENT PURPOSE	
QUESTIONS TO ASK	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
DOCTOR NOTES	
<input type="checkbox"/>	
AFTER APPOINTMENT TO-DO LIST	
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MEDICATION TRACKER

NAME: _____ WEEK: _____

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GROCERY LIST

The image displays a 2x4 grid of eight identical lined pages. Each page has a light blue header bar at the top. Below the header, there are five horizontal dashed lines for writing. On the far left edge of each page, there is a vertical column of five small, empty circles, likely for marking or tracking. The pages are white with black dashed lines.

MEAL PLANNER

	BREAKFAST	LUNCH	DINNER	SNACKS &
MON				WATER <input type="checkbox"/> <input type="checkbox"/>
TUE				WATER <input type="checkbox"/> <input type="checkbox"/>
WED				WATER <input type="checkbox"/> <input type="checkbox"/>
THU				WATER <input type="checkbox"/> <input type="checkbox"/>
FRI				WATER <input type="checkbox"/> <input type="checkbox"/>
SAT				WATER <input type="checkbox"/> <input type="checkbox"/>
SUN				WATER <input type="checkbox"/> <input type="checkbox"/>

MEAL PLANNER

M T W T F S S

BREAKFAST		LUNCH		SNACK		DINNER	
MENU		MENU		MENU		MENU	
CALORIES	PROTEIN	CARBS	FAT	CALORIES	PROTEIN	CARBS	FAT
TIME		TIME		TIME		TIME	

CALORIE TRACKER

DAY

BREAKFAST	PROTEINS	CARBS	CALORIES	FATS

LUNCH	PROTEINS	CARBS	CALORIES	FATS

DINNER	PROTEINS	CARBS	CALORIES	FATS

SNACKS	PROTEINS	CARBS	CALORIES	FATS

When the shit hits the fan - keep calm

I was being driven home by my second-grade teacher after I had performed a puppet show for the class. She was helping me bring the props home. I couldn't believe how nice she was being to me. I thought that if she really knew me, she would hate me. So I tested my theory by telling her that I wet the bed. My family made fun of me for this, and sometimes my mom would threaten to tell my friends.

I was expecting my teacher to react the same way, but she didn't. She just smiled and said, "That's okay. It happens to a lot of kids." I was so relieved. I realized that she didn't hate me after all. She was just a kind person who wanted to help me.

This experience taught me that I shouldn't be so quick to judge people. Just because someone is nice to me doesn't mean that they're going to hate me if they find out something embarrassing about me. In fact, most people are understanding and kind. They won't judge me for something that I can't control.

I'm glad that I tested my theory with my teacher. It helped me to see that I was wrong about her. She was a kind and understanding person, and she didn't hate me for wetting the bed. This experience helped me to be more open and trusting with other people. I'm no longer afraid to be myself, even if I'm not perfect.

Union founded 1919. The first facility Union built was a brick two-story building completed in 1921. It housed all students K-12 until 1970.

I started kindergarten in 1967 at a small rural school that served grades K-12. The school had two buildings, and the student body was a mix of Indigenous and African American students, as well remnants of the early farmers of the area.. The

African American students came from Alsuma, a community two miles away that was founded by people who had marched by foot from the Tulsa Race Riots in the 1920s.

Although we were all students at the same school, we were often teased about our family histories. The Indigenous students were teased about their traditional clothing and customs, while the African American students were teased about the Tulsa Race Riots. This teasing was often mild, but it could still be hurtful.

If you were already labeled as having ADHD or ADD, you were especially likely to be the target of jokes. These labels were not well-understood at the time, and many people thought



that they meant that you were stupid or lazy. This kind of teasing could be very damaging to a child's self-esteem.

I remember being teased about my family history and my ADHD label except in the mid 60s it was called **learning disabled**. It hurt, but I tried to ignore it. I knew that I was not stupid or lazy, and I refused to let the teasing get to me, but it would. My self-esteem was cut down early.

I am glad that I was able to overcome the teasing I experienced in school. I learned that I could not control what other people said, but I could control how I reacted to it. I also learned that it is important to be proud of who I am, even if I am different from other people.

However, it is a hard fact that most 4-10 year olds do not have the capacity to be analytic or have the emotional skills to do so. This means that they may not be able to understand why they are being teased or how to cope with it in a healthy way.

If you are a parent or caregiver of a child who is being teased, it is important to talk to them about it. Help them to understand that the teasing is not their fault and that they do not deserve to be treated that way. You can also teach them some coping mechanisms, such as ignoring the teasing or walking away from the situation.



It is also important to remember that teasing is a form of bullying. If your child is being bullied, it is important to take action. Talk to the school administration and let them know what is happening. You can also contact a local bullying prevention organization for help.

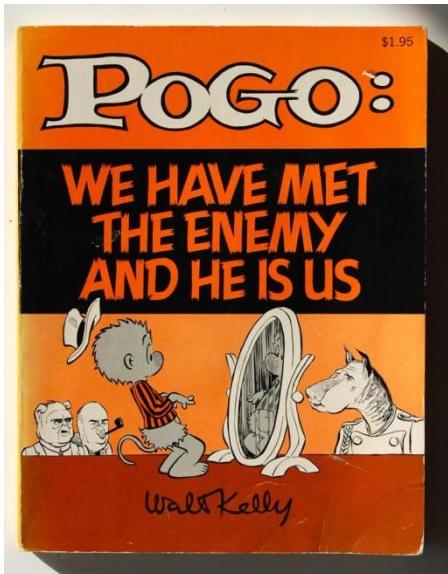
No child should have to go through the pain of being teased or bullied. If you are concerned about your child, please reach out for help. There are people who can help them to cope with the situation and to feel safe and supported.

Here are some additional resources that you may find helpful:

- StopBullying.gov: <https://www.stopbullying.gov/>
- The National Bullying Prevention Center: <https://www.pacer.org/bullying/>
- The Trevor Project: <https://www.thetrevorproject.org/>

I hope that things have changed since I was in school. I hope that children with ADHD or other labels are not teased as much as I was. I also hope that people are more understanding of different cultures and family histories.

Thankfully, the yoga, meditation, and mindfulness movement has spread around the world since then. Many scientific studies have proven that mindfulness techniques can help to ease the effects of many debilitating ailments. While mindfulness techniques may not cure these ailments, they can provide patients with a loving way to ease their pain.



Mindfulness can help us to be more aware of our inner dialogue, which can often be negative and self-defeating. This awareness can help us to challenge our negative thoughts and to replace them with more positive ones.

For example, if you are trying to make a positive change in your life, but you keep having negative thoughts about yourself, mindfulness can help you to see these thoughts for what they are: just thoughts. You can then choose to focus on the positive aspects of yourself and your situation, and to let go of the negative thoughts.

PTSD triggers can also be challenging to deal with, as they can often lead to feelings of fear, anxiety, and anger. Mindfulness can help you to be more aware of your triggers

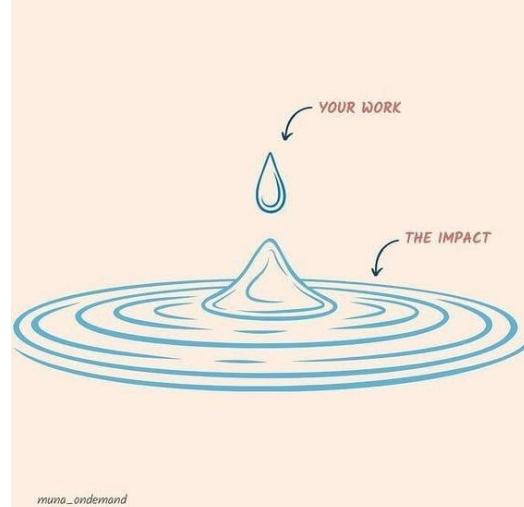
and to learn how to respond to them in a healthy way. For example, if you have a PTSD trigger that causes you to feel anxious, you can use mindfulness to focus on your breath and to bring yourself back to the present moment. This can help you to calm down and to avoid getting caught up in the negative emotions that the trigger can evoke.

I also love the image below, as it is a reminder that we are not our thoughts or our feelings. We are the awareness that observes these things. This awareness is our true self, and it is the source of our peace and happiness.

Reality is every good one act by anyone ripples out the impact of your efforts. When we try to shit upon ourselves we deny the truth in us. That our efforts do impact others in a positive manner.

here are a number of reasons why people with ADHD may have issues with self-esteem. These include:

- **Rejection and criticism:** People with ADHD may often be rejected or criticized by others, which can damage their self-esteem. This can happen for a number of reasons, such as their difficulty paying attention, their impulsiveness, or their difficulty following directions.
- **Expectations:** People with ADHD may have unrealistic expectations of themselves, which can lead to disappointment and low self-esteem. For example, they may expect to be able to focus and pay attention as well as people without ADHD, which can be very difficult.
- **Comparison:** People with ADHD may compare themselves to others who do not have ADHD, which can lead to feelings of inferiority. This is because people with ADHD often have different strengths and weaknesses than people without ADHD.



muna_onDemand

- **Lack of understanding:** People with ADHD may not understand their condition, which can lead to feelings of confusion and isolation. This can make it difficult for them to cope with their symptoms and to feel good about themselves.

If you are struggling with low self-esteem due to ADHD, there are a number of things you can do to help improve your self-esteem. These include:

- **Talk to a therapist:** A therapist can help you to understand your condition and to develop coping mechanisms for dealing with your symptoms. They can also help you to challenge negative thoughts about yourself and to build your self-esteem.
- **Join a support group:** Joining a support group can help you to connect with other people who understand what you are going through. This can provide you with support and encouragement, and it can help you to feel less alone.
- **Focus on your strengths:** Everyone has strengths and weaknesses. It is important to focus on your strengths and to celebrate your accomplishments. This will help you to feel good about yourself and to build your self-esteem.
- **Learn about ADHD:** The more you know about ADHD, the better you will be able to understand your condition and to cope with your symptoms. This can help you to feel more in control and to feel better about yourself.

It is important to remember that you are not alone. There are many people who struggle with low self-esteem due to ADHD. With help, you can learn to manage your condition and to build your self-esteem.



How Persons with ADHD Can Practice Self-Love

Self-love is essential for everyone, but it can be especially challenging for people with ADHD. ADHD can make it difficult to focus, stay organized, and manage emotions, all of

which can contribute to low self-esteem. However, there are many things that people with ADHD can do to practice self-love.

Understand your ADHD. The first step to practicing self-love is to understand your ADHD. This includes understanding your symptoms, how they affect you, and how you can manage them. There are many resources available to help you learn about ADHD, such as books, websites, and support groups.

Accept your ADHD. Once you understand your ADHD, it is important to accept it. This does not mean that you have to like everything about your ADHD, but it does mean that you should not let it define you. You are more than your ADHD, and you have many strengths and qualities that are not related to your condition.

Focus on your strengths. Everyone has strengths and weaknesses. It is important to focus on your strengths and to celebrate your accomplishments. This will help you to feel good about

yourself and to build your self-esteem. What are you good at? What do you enjoy doing? Make a list of your strengths and focus on them.

Be kind to yourself. It is important to be kind to yourself, especially when you make mistakes. Everyone makes mistakes, and people with ADHD are no exception. However, people with ADHD often tend to be harder on themselves than they would be on others. It is important to learn to forgive yourself and to move on.

Take care of yourself. This includes taking care of your physical and emotional health. Make sure to eat healthy foods, get enough sleep, and exercise regularly. It is also important to find healthy ways to cope with stress and anxiety. What activities help you to relax and de-stress? Make time for these activities in your life.

Surround yourself with positive people. The people you surround yourself with can have a big impact on your self-esteem. Make sure to surround yourself with positive people who support you and who make you feel good about yourself.

Seek professional help. If you are struggling with low self-esteem due to ADHD, it is important to seek professional help. A therapist can help you to understand your condition, to develop coping mechanisms, and to challenge negative thoughts about yourself.

Practicing self-love is not always easy, but it is worth it. When you love yourself, you are more likely to be happy, healthy, and successful. So start today and practice self-love!

Here are some additional tips for practicing self-love with ADHD:

- **Set realistic goals.** Don't expect to be able to change everything about yourself overnight. Set small, achievable goals and celebrate your successes.
- **Be patient.** It takes time to build self-esteem. Don't get discouraged if you don't see results immediately. Just keep practicing self-love and you will eventually see a difference.
- **Don't compare yourself to others.** Everyone is different, and that's okay. Comparing yourself to others will only make you feel worse. Focus on your own strengths and accomplishments.
- **Be gentle with yourself.** Everyone makes mistakes. Don't beat yourself up when you do something wrong. Just learn from your mistakes and move on.

"
**DO NOT FEEL LONELY, THE ENTIRE
UNIVERSE IS INSIDE YOU. STOP
ACTING SO SMALL. YOU ARE THE
UNIVERSE IN ECSTATIC MOTION.
SET YOUR LIFE ON FIRE.**
— RUMI

Remember, you are not alone. There are many people with ADHD who struggle with low self-esteem. But with time and effort, you can learn to love and accept yourself for who you are.

Pre-Caution

While engaging in any **yoga activities**, always remember:

- **Listen to your body.** Don't push yourself too hard, and be sure to **modify poses as needed**.
- **Use props to help you.** Props can be a great way to **make poses more accessible** and to reduce the risk of injury.
- **Take breaks.** If you're feeling tired or sore, take a break from your practice.
- **Don't be afraid to ask for help.** If you're not sure how to modify a pose or if you have any concerns, ask your instructor for help.

Always listen to your body and modify poses as needed. Also review on our [website](#), our guidance on using Yoga for mental health purposes.

Research

- Does **mindfulness meditation improve attention in attention deficit hyperactivity disorder?** Vania Modesto-Lowe, Pantea Farahmand, Margaret Chaplin, and Lauren Sarro <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4694553/>
- Effects of **mindfulness training on different components of impulsivity in borderline personality disorder: results from a pilot randomized study** Joaquim Soler, corresponding author Matilde Elices, Juan C. Pascual, Ana Martín-Blanco, Albert Feliu-Soler, Cristina Carmona, and María J. Portella <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4709962/>
- **Mindfulness Meditation Interventions for Long COVID: Biobehavioral Gene Expression and Neuroimmune Functioning** Nicole Porter, Leonard A Jason <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9653042/>
- **Mindfulness Meditation Training for Attention-Deficit/Hyperactivity Disorder in Adulthood: Current Empirical Support, Treatment Overview, and Future Directions** John T. Mitchell, Lidia Zylowska, Scott H. Kollins <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4403871/>

MAY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

NOTES	TO DO

MONTH AT GLANCE

MONTH: _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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○	○	○	○	○	○	○
○	○	○	○	○	○	○

NOTES

SYMPTOMS TRACKER

DATE

BREAKFAST	SYMPTOMS										
SYMPTOMS SEVERITY	<table border="1"><tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr></table>	1	2	3	4	5	6	7	8	9	10
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LUNCH	SYMPTOMS										
SYMPTOMS SEVERITY	<table border="1"><tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr></table>	1	2	3	4	5	6	7	8	9	10
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DINNER	SYMPTOMS										
SYMPTOMS SEVERITY	<table border="1"><tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr></table>	1	2	3	4	5	6	7	8	9	10
1	2	3	4	5	6	7	8	9	10		
SNACK	SYMPTOMS										
SYMPTOMS SEVERITY	<table border="1"><tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr></table>	1	2	3	4	5	6	7	8	9	10
1	2	3	4	5	6	7	8	9	10		



WEEKLY PLANNER

Weekly priorities

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Notes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Checklist

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Appointment

Reminder

MONDAY

DATE

WEATHER        



SCHEDULE		TO-DO LIST							
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TUESDAY

DATE

WEATHER



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11AM		DAILY PRIORITIES	
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WEDNESDAY

DATE

WEATHER



SCHEDULE		TO-DO LIST	
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DAILY PRIORITIES

WATER BALANCE

A row of eight small water glass icons.

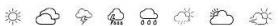
MOOD

A row of five smiley face icons ranging from sad to happy.

THURSDAY

DATE

WEATHER



SCHEDULE		TO-DO LIST	
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DAILY PRIORITIES

WATER BALANCE

A row of eight small water glass icons.

MOOD

A row of five circular mood icons ranging from sad to happy.

FRIDAY

DATE

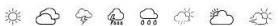


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SATURDAY

DATE

WEATHER



SCHEDULE		TO-DO LIST	
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9AM			<input type="checkbox"/>
10AM			<input type="checkbox"/>
11AM			<input type="checkbox"/>

DAILY PRIORITIES

WATER BALANCE

MOOD

A row of eight small water glass icons.

A row of five smiley face icons showing increasing levels of happiness.

SUNDAY

DATE



SCHEDULE		TO-DO LIST							
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APPOINTMENTS

PLACE	DATE
DOCTOR	
APPOINTMENT PURPOSE	
QUESTIONS TO ASK	
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<input type="checkbox"/>	
<input type="checkbox"/>	
DOCTOR NOTES	
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AFTER APPOINTMENT TO-DO LIST	
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MEDICATION TRACKER

NAME: _____ WEEK: _____

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19								
20								

GROCERY LIST

The image displays a 2x4 grid of eight identical lined pages. Each page has a light blue header bar at the top. Below the header, there are five horizontal dashed lines for writing. On the far left edge of each page, there is a vertical column of five small, empty circles, likely for marking or tracking. The pages are white with black dashed lines.

MEAL PLANNER

	BREAKFAST	LUNCH	DINNER	SNACKS &
MON				WATER <input type="checkbox"/> <input type="checkbox"/>
TUE				WATER <input type="checkbox"/> <input type="checkbox"/>
WED				WATER <input type="checkbox"/> <input type="checkbox"/>
THU				WATER <input type="checkbox"/> <input type="checkbox"/>
FRI				WATER <input type="checkbox"/> <input type="checkbox"/>
SAT				WATER <input type="checkbox"/> <input type="checkbox"/>
SUN				WATER <input type="checkbox"/> <input type="checkbox"/>

MEAL PLANNER

M T W T F S S

BREAKFAST		LUNCH		SNACK		DINNER	
MENU		MENU		MENU		MENU	
CALORIES	PROTEIN	CARBS	FAT	CALORIES	PROTEIN	CARBS	FAT
TIME				TIME			
TIME							
TIME		TIME		TIME		TIME	

CALORIE TRACKER

DAY

BREAKFAST	PROTEINS	CARBS	CALORIES	FATS

LUNCH	PROTEINS	CARBS	CALORIES	FATS

DINNER	PROTEINS	CARBS	CALORIES	FATS

SNACKS	PROTEINS	CARBS	CALORIES	FATS

Living with ADHD or neurodiversity is like being the ringmaster of a circus, juggling multiple tasks and emotions with mindfulness.



People with ADHD or neurodiversity often feel like they are constantly juggling multiple tasks and emotions. They may have difficulty focusing on one thing at a time, and they may be easily distracted by new stimuli. They may also experience strong emotions that can be difficult to regulate.

In many ways, living with ADHD or neurodiversity can be like being the ringmaster of a circus. The ringmaster is

responsible for keeping track of multiple performers and ensuring that the show runs smoothly. They need to be able to focus on the big picture, while also paying attention to the details. They also need to be able to handle unexpected events calmly and efficiently.



In the same way, people with ADHD or neurodiversity need to be able to juggle multiple tasks and emotions with mindfulness. Mindfulness is the practice of paying attention to the present moment without judgment. It can help people to focus their attention, regulate their emotions, and cope with stress.

When people with ADHD or neurodiversity practice mindfulness, they can learn to become more aware of their thoughts and feelings. They can also learn to observe their thoughts and feelings without becoming attached to them. This can help them to let go of negative thoughts and emotions, and to focus on the present moment.

Mindfulness can also help people with ADHD or neurodiversity to break down complex tasks into smaller, more manageable steps. This can make it easier for them to stay focused and avoid getting overwhelmed.

In addition, mindfulness can help people with ADHD or neurodiversity to develop coping mechanisms for dealing with stress. When they are feeling stressed, they can practice mindfulness techniques such as deep breathing or meditation. This can help them to calm down and regain their focus.

Living with ADHD or neurodiversity can be challenging, but it is also possible to live a happy and fulfilling life. By practicing mindfulness, people with ADHD or neurodiversity can learn to manage their symptoms and live more balanced lives.

Here are some additional tips for living with ADHD or neurodiversity with mindfulness:

- **Set realistic goals.** Don't try to do too much at once. Break down large tasks into smaller, more manageable steps.
- **Take breaks.** When you start to feel overwhelmed, take a few minutes to step away from whatever you are doing and do something that you enjoy.
- **Get organized.** Having a system for keeping track of your tasks and belongings can help you to stay on track.
- **Find support.** Talk to friends, family, or a therapist about your experiences. Having people who understand what you are going through can be a great source of support.
- **Be patient with yourself.** It takes time to learn how to manage ADHD or neurodiversity with mindfulness. Don't get discouraged if you don't see results immediately. Just keep practicing, and you will eventually find what works best for you.

Remember, you are not alone. Millions of people around the world live with ADHD or neurodiversity. With mindfulness and support, you can live a happy and fulfilling life.



Mindfulness Ways for ADHD/Neurodiversity Persons to Set Realistic Goals

Setting realistic goals is important for everyone, but it can be especially challenging for people with ADHD or neurodiversity. These individuals often have difficulty focusing and staying on track, and they may be easily overwhelmed by new tasks or challenges.

However, with mindfulness, it is possible for people with ADHD/Neurodiversity to set and achieve realistic goals. Mindfulness is the practice of paying attention to the present moment without judgment. It can help people to focus their attention, regulate their emotions, and cope with stress.

Here are some mindfulness-based tips for setting realistic goals for people with ADHD/Neurodiversity:

1. **Start small.** Don't try to do too much at once. Break down large goals into smaller, more manageable steps. For example, if your goal is to write a book, start by setting a goal to write one page per day.
2. **Be specific.** Instead of setting a goal to "get organized," set a specific goal such as "clean out my closet" or "file all of my paperwork."
3. **Set deadlines.** Deadlines can help you to stay motivated and on track. However, make sure that your deadlines are realistic and achievable.
4. **Track your progress.** Keeping track of your progress can help you to see how far you have come and to stay motivated. You can use a journal, a calendar, or an app to track your progress.
5. **Celebrate your successes.** When you achieve a goal, take some time to celebrate your success. This will help you to stay motivated and to keep setting new goals.

In addition to these tips, it is also important to be mindful of your thoughts and feelings when you are setting goals. If you find yourself feeling overwhelmed or anxious, take a step back and practice some mindfulness techniques. This could include deep breathing, meditation, or simply taking a few minutes to focus on your breath.

By being mindful of your thoughts and feelings and by setting realistic goals, you can increase your chances of success. Remember, it is okay to make mistakes and to adjust your goals as needed. The important thing is to keep moving forward and to never give up on your dreams.

Here are some additional mindfulness techniques that people with ADHD/Neurodiversity can use to set realistic goals:

- **Visualization:** Close your eyes and visualize yourself achieving your goal. See yourself taking the steps necessary to reach your goal and feeling the sense of accomplishment when you do.
- **Affirmations:** Repeat positive statements to yourself about your ability to achieve your goals. For example, you might say "I am capable of achieving my goals" or "I am committed to my goals."
- **Journaling:** Write down your goals and your progress in a journal. This can help you to stay focused and motivated.
- **Meditation:** Meditation can help you to calm your mind and focus on the present moment. This can be helpful when you are feeling overwhelmed or anxious about your goals.



By using mindfulness techniques, people with ADHD/Neurodiversity can set and achieve realistic goals. Remember, you are not alone. There are many resources available to help you on your journey. With mindfulness and support, you can achieve anything you set your mind to.

Mindfulness Ways for ADHD/Neurodiversity Persons to Find Support

Finding support is important for everyone, but it can be especially challenging for people with ADHD or neurodiversity. These individuals often feel misunderstood or isolated, and they may have difficulty finding people who can relate to their experiences.

However, with mindfulness, it is possible for people with ADHD/Neurodiversity to find support. Mindfulness is the practice of paying attention to the present moment without judgment. It can help people to connect with themselves and with others, and it can also help them to cope with difficult emotions.

Here are some mindfulness-based tips for finding support for people with ADHD/Neurodiversity:

1. **Be open about your diagnosis.** The first step to finding support is to be open about your diagnosis. This can be difficult, but it is important to remember that you are not alone. There are many people who understand what you are going through.
2. **Talk to your friends and family.** Your friends and family may be able to offer you support in many ways. They can listen to you, offer advice, or simply be there for you.
3. **Join a support group.** There are many support groups available for people with ADHD/Neurodiversity. These groups can provide you with a safe space to connect with others who understand what you are going through.
4. **Talk to a therapist or counselor.** A therapist or counselor can help you to manage your symptoms and find coping mechanisms. They can also help you to develop a support network.
5. **Use online resources.** There are many online resources available for people with ADHD/Neurodiversity. These resources can provide you with information, support, and community.

In addition to these tips, it is also important to be mindful of your thoughts and feelings when you are looking for support. If you find yourself feeling anxious or overwhelmed, take a step back and practice some mindfulness techniques. This could include deep breathing, meditation, or simply taking a few minutes to focus on your breath.

By being mindful of your thoughts and feelings and by reaching out for support, you can increase your chances of finding the support you need. Remember, you are not alone. There are many people who understand what you are going through and who can offer you support.

Here are some additional mindfulness techniques that people with ADHD/Neurodiversity can use to find support:

- **Visualization:** Close your eyes and visualize yourself finding support. See yourself connecting with others who understand you and who can offer you help and support.
- **Affirmations:** Repeat positive statements to yourself about your ability to find support. For example, you might say "I am open to receiving support" or "I am worthy of support."
- **Journaling:** Write down your thoughts and feelings about finding support. This can help you to process your emotions and to identify what you need from others.
- **Meditation:** Meditation can help you to calm your mind and focus on the present moment. This can be helpful when you are feeling anxious or overwhelmed about finding support.

By using mindfulness techniques, people with ADHD/Neurodiversity can find the support they need to live happy and fulfilling lives.

How Mindfulness Can Help People With ADHD or Neurodiversity Break Down Complex Tasks

People with ADHD or neurodiversity often have difficulty staying focused and completing tasks. They may also have trouble breaking down complex tasks into smaller, more manageable steps. This can lead to feelings of frustration and overwhelm, and it can make it difficult to achieve goals.



However, mindfulness can be a helpful tool for people with ADHD or neurodiversity who are struggling to break down complex tasks. Mindfulness is the practice of paying attention to the present moment without judgment. It can help people to focus their attention, regulate their emotions, and cope with stress.

Here are some ways that mindfulness can help people with ADHD or neurodiversity break down complex tasks:

1. Helping to focus

attention: Mindfulness can help people to focus their attention on the task at hand. This can be helpful for people who tend to get easily distracted or who have difficulty staying on track.

2. **Regulating emotions:** Mindfulness can help people to regulate their emotions, such as anxiety or frustration. This can be helpful for people who may feel overwhelmed or stressed when faced with a complex task.
3. **Coping with stress:** Mindfulness can help people to cope with stress, which can make it easier to focus on the task at hand.
4. **Breaking down tasks into smaller steps:** Mindfulness can help people to break down complex tasks into smaller, more manageable steps. This can make the task seem less daunting and more achievable.
5. **Visualizing success:** Mindfulness can help people to visualize themselves completing the task successfully. This can help to boost motivation and confidence.

Here are some mindfulness techniques that people with ADHD or neurodiversity can use to break down complex tasks:

- **Mindful breathing:** Mindful breathing is a simple but effective mindfulness technique that can help to focus attention and regulate emotions. To practice mindful breathing, simply sit in a comfortable position and focus on your breath as it enters and leaves your body. Notice the rise and fall of your chest and belly as you breathe.
- **Body scan:** A body scan is another simple mindfulness technique that can help to focus attention and regulate emotions. To practice a body scan, simply sit in a comfortable position and scan your body from head to toe, noticing any sensations that you are experiencing. You can also try to visualize a calming scene, such as a beach or a forest, as you scan your body.
- **Meditation:** Meditation is a more formal mindfulness practice that can help to focus attention, regulate emotions, and cope with stress. There are many different types of meditation, so you can find one that works best for you.

If you are struggling to break down complex tasks, mindfulness can be a helpful tool. By practicing mindfulness techniques, you can learn to focus your attention, regulate your emotions, and cope with stress. This can make it easier to break down complex tasks into smaller, more manageable steps and achieve your goals.



Here is a visualization on mindfulness to tame the mind for ADHD/Neurodiversity persons:

- **Find a quiet place where you can sit comfortably.** You may want to sit in a chair or on the floor, whichever is more comfortable for you.
- **Close your eyes and take a few deep breaths.** As you breathe in, say to yourself, "I am breathing in." As you breathe out, say to yourself, "I am breathing out."
- **Imagine that your mind is like a wild animal.** This animal is running around, jumping from thought to thought, feeling restless and agitated.
- **Now imagine that you are a circus trainer.** You

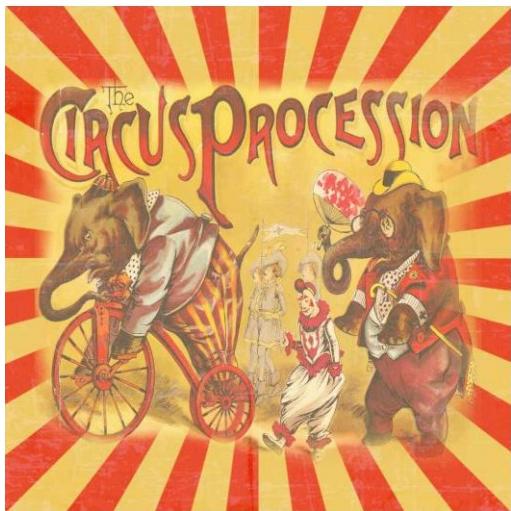
are standing in the center of the ring, and the wild animal is running around you.

- **You reach out your hand and gently tap the animal on the head.** The animal stops running and looks at you.
- **You speak to the animal in a calm and soothing voice.** You tell the animal that you are here to help it tame its mind.
- **The animal listens to you and starts to calm down.** It sits down in front of you and looks at you with trust.
- **You continue to speak to the animal in a calm and soothing voice.** You tell the animal that it is safe and that you will help it to focus its mind.
- **The animal starts to relax and its breathing slows down.** It closes its eyes and takes a few deep breaths.
- **You watch the animal as it calms down.** You feel a sense of peace and calmness as you watch the animal find its center.
- **When you are ready, open your eyes.** Take a few deep breaths and bring your awareness back to the present moment.

This visualization can help you to tame your mind and focus your attention. It can also help you to feel more relaxed and calm. If you practice this visualization regularly, you may find that it becomes easier to focus your mind and to manage your ADHD or neurodiversity symptoms.

Here are some additional tips for practicing this visualization:

- Find a quiet place where you will not be interrupted.
- Make sure you are comfortable and that you have enough time to practice the visualization.
- Close your eyes and take a few deep breaths.
- Imagine the wild animal in your mind.
- Reach out and tap the animal on the head.
- Speak to the animal in a calm and soothing voice.
- Watch the animal as it calms down.
- When you are ready, open your eyes and bring your awareness back to the present moment.



You can practice this visualization as often as you like. The more you practice, the better you will become at taming your mind and focusing your attention.

Pre-Caution

While engaging in any **yoga activities**, always remember:

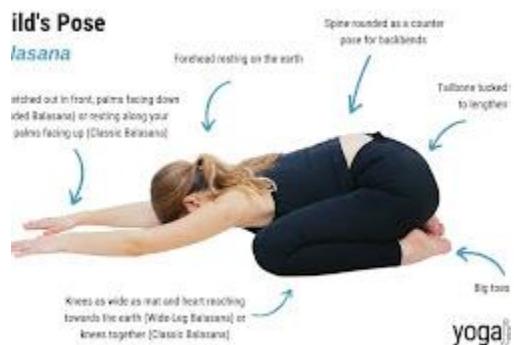
- **Listen to your body.** Don't push yourself too hard, and be sure to **modify poses as needed**.
- **Use props to help you.** Props can be a great way to **make poses more accessible** and to reduce the risk of injury.
- **Take breaks.** If you're feeling tired or sore, take a break from your practice.
- **Don't be afraid to ask for help.** If you're not sure how to modify a pose or if you have any concerns, ask your instructor for help.

Always listen to your body and modify poses as needed. Also review on our [website](#), our guidance on using Yoga for mental health purposes.

Yoga

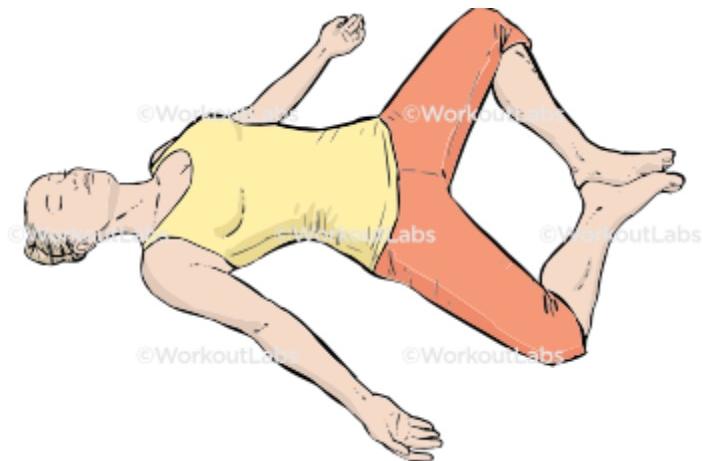
Here are 4 yin yoga asanas that can help to tame the ADHD/Neurodiverse mind:

- **Supported Child's Pose (Balasana):** This pose is a great way to calm the mind and relax the body. To do supported child's pose, kneel on the floor with your knees hip-width apart. Bring your hips back to your heels and rest your forehead on the ground. You can place a bolster or folded blanket under your chest and forehead for support. Hold this pose for 3-5 minutes. [Yogajala Supported Child's Pose \(Balasana\) yoga asana](#)



Variation: <https://youtu.be/9oxEu6JTkDY>

- **Reclining Bound Angle Pose (Supta Baddha Konasana):** This pose is a great way to stretch the hips and inner thighs, which can help to calm the mind and improve focus. To do reclining bound angle pose, lie on your back with your knees bent and feet flat on the floor. Bring the soles of your feet together and clasp your hands around your shins. Gently draw your knees towards your chest and hold this pose for 3-5 minutes. [WorkoutLabs](#) Reclining Bound Angle Pose (Supta Baddha Konasana) yoga asana



Variation: <https://yogajala.com/reclining-bound-angle-pose-supta-baddha-konasana/>

- **Pigeon Pose (Eka Pada Rajakapotasana):** This pose is a great way to stretch the hips, thighs, and groin. It can also help to improve balance and focus. To do pigeon pose, start on your hands and knees. Bring your right knee forward so that it is in line with your right hip. Bend your right leg and place your right foot on the floor in front of you. Extend your left leg back behind you and rest your left foot on the floor. Reach your arms forward and rest your hands on the ground in front of you. Hold this pose for 3-5 breaths, then repeat on the other side. [Wikipedia](#) Pigeon Pose (Eka Pada Rajakapotasana) yoga asana



Variation: <https://youtu.be/QuUXpKD8yOA>

- **Fish Pose (Matsyasana):** This pose is a great way to stretch the back and neck, which can help to improve focus and concentration. To do fish pose, lie on your back with your knees bent and feet flat on the floor. Place your hands behind your head with your fingers interlaced. Lift your head, neck, and chest off the ground, and gaze up at the ceiling. Hold this pose for 3-5 breaths, then slowly lower back down to the ground.
[Verywell Fit Fish Pose \(Matsyasana\) yoga asana](#)



Variation:

<https://www.yogajournal.com/poses/modify-fish-pose-joy-contentment>

These are just a few of the many yin yoga asanas that can help to tame the ADHD/Neurodiverse mind. If you are new to yin yoga, it is important to start slowly and gradually increase the length of time you hold each pose. It is also important to listen to your body and not push yourself too hard. With regular practice, yin yoga can be a powerful tool for calming the mind and improving focus.



Research

Here are 3 academic and scientific articles on how mindfulness tames ADHD/Neurodiversity persons:

1. **Yoga, Mindfulness, and Meditation Interventions for Youth with ADHD: Systematic Review and Meta-Analysis** [Link: <https://link.springer.com/article/10.1007/s10826-018-1148-7>].
2. **Mindfulness Interventions for Attention Deficit Hyperactivity Disorder: A Systematic Review and Meta-Analysis** [Link: <https://www.mdpi.com/2673-5318/3/4/31>]
3. **The efficacy of mindfulness-based interventions in attention-deficit/hyperactivity disorder beyond core symptoms: A systematic review, meta-analysis, and meta-regression** [Link: <https://www.sciencedirect.com/science/article/abs/pii/S0165032721005127>]

These are just a few of the many studies that have shown the benefits of mindfulness for ADHD/Neurodiversity persons. If you are interested in learning more about mindfulness and how it can help you, I encourage you to do some additional research. There are many resources available online and in libraries. You may also want to consider talking to a therapist or counselor who can help you develop a mindfulness practice that is right for you.

Resources

BODY SCAN MEDITATION

- 1 Sit in a comfortable chair in a dimly lit room.
- 2 Imagine the outline of your body and slowly trace it in your head.
- 3 Observe the amount of pressure you're feeling against the chair.
- 4 Where there is more pressure and where there is less. Be mindful.
- 5 Start with your head. Work down to your feet. Then back up the other side of your body.
- 6 Take about five minutes for this exercise.

- [PTSD resources](#)
- Call the National Suicide Prevention Lifeline at 1-800-273-8255. This is a free and confidential service that is available 24 hours a day, 7 days a week.
- Call the National Suicide Prevention Lifeline at 1-800-273-8255. This is a free and confidential service that is available 24 hours a day, 7 days a week.
- The National Center for PTSD: <https://www.ptsd.va.gov/>

- The Rape, Abuse & Incest National Network (RAINN): <https://www.rainn.org/>
- The National Alliance on Mental Illness (NAMI): <https://www.nami.org/>
- The American Psychological Association: <https://www.apa.org/>
- Prison Yoga Project - 200hr Yoga Teachgers
Training: <https://community.prisonyoga.org/courses/yoga-social-justice-and-leadership-a-200-hour-yoga-teacher-training/>
- In The Rooms (web based 12-STEP rooms) <https://www.intherooms.com/home/>
- National Institute of Mental Health:
<https://www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd/index.shtml>
- Attention Deficit Disorder Association: <https://add.org/>
- American Academy of Child and Adolescent Psychiatry: <https://www.aacap.org/>
- StopBullying.gov: <https://www.stopbullying.gov/>
- The National Bullying Prevention Center: <https://www.pacer.org/bullying/>
- The Trevor Project: <https://www.thetrevorproject.org/>

You can also find a therapist in your area by visiting the Psychology Today therapist directory: <https://www.psychologytoday.com/us/therapists>

JUNE 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

NOTES	TO DO

MONTH AT GLANCE

MONTH: _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○

NOTES

SYMPTOMS TRACKER

DATE

BREAKFAST	SYMPTOMS
SYMPTOMS SEVERITY 1 2 3 4 5 6 7 8 9 10	
LUNCH	SYMPTOMS
SYMPTOMS SEVERITY 1 2 3 4 5 6 7 8 9 10	
DINNER	SYMPTOMS
SYMPTOMS SEVERITY 1 2 3 4 5 6 7 8 9 10	
SNACK	SYMPTOMS
SYMPTOMS SEVERITY 1 2 3 4 5 6 7 8 9 10	



WEEKLY PLANNER

Weekly priorities

-
-
-
-
-

Notes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Checklist

-
-
-
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-
-
-

Appointment

Reminder

MONDAY

DATE

WEATHER        



SCHEDULE		TO-DO LIST	
6AM			<input type="checkbox"/>
7AM			<input type="checkbox"/>
8AM			<input type="checkbox"/>
9AM			<input type="checkbox"/>
10AM			<input type="checkbox"/>
11AM		DAILY PRIORITIES	
12AM			<input type="checkbox"/>
1AM			<input type="checkbox"/>
2AM			<input type="checkbox"/>
3AM		WATER BALANCE	
4AM			      
5AM		MOOD	    
6AM			
7AM			
8AM			
9AM			
10AM			
11AM			

TUESDAY

DATE

WEATHER



SCHEDULE		TO-DO LIST	
6AM			<input type="checkbox"/>
7AM			<input type="checkbox"/>
8AM			<input type="checkbox"/>
9AM			<input type="checkbox"/>
10AM			<input type="checkbox"/>
11AM			<input type="checkbox"/>
12AM			<input type="checkbox"/>
1AM			<input type="checkbox"/>
2AM			<input type="checkbox"/>
3AM			<input type="checkbox"/>
4AM			<input type="checkbox"/>
5AM			<input type="checkbox"/>
6AM			<input type="checkbox"/>
7AM			<input type="checkbox"/>
8AM			<input type="checkbox"/>
9AM			<input type="checkbox"/>
10AM			<input type="checkbox"/>
11AM			<input type="checkbox"/>

DAILY PRIORITIES

WATER BALANCE

A row of eight small water glass icons.

MOOD

A row of five smiley face icons ranging from sad to happy.

WEDNESDAY

DATE

WEATHER



SCHEDULE		TO-DO LIST	
6AM			<input type="checkbox"/>
7AM			<input type="checkbox"/>
8AM			<input type="checkbox"/>
9AM			<input type="checkbox"/>
10AM			<input type="checkbox"/>
11AM			
12AM			<input type="checkbox"/>
1AM			<input type="checkbox"/>
2AM			<input type="checkbox"/>
3AM			
4AM			
5AM			
6AM			
7AM			
8AM			
9AM			
10AM			
11AM			

DAILY PRIORITIES

WATER BALANCE

A row of eight small water glass icons.

MOOD

A row of five smiley face icons ranging from sad to happy.

THURSDAY

DATE

WEATHER



SCHEDULE		TO-DO LIST	
6AM			<input type="checkbox"/>
7AM			<input type="checkbox"/>
8AM			<input type="checkbox"/>
9AM			<input type="checkbox"/>
10AM			<input type="checkbox"/>
11AM			<input type="checkbox"/>
12AM			<input type="checkbox"/>
1AM			<input type="checkbox"/>
2AM			<input type="checkbox"/>
3AM			<input type="checkbox"/>
4AM			<input type="checkbox"/>
5AM			<input type="checkbox"/>
6AM			<input type="checkbox"/>
7AM			<input type="checkbox"/>
8AM			<input type="checkbox"/>
9AM			<input type="checkbox"/>
10AM			<input type="checkbox"/>
11AM			<input type="checkbox"/>

DAILY PRIORITIES

WATER BALANCE

A row of eight small icons of water glasses.

MOOD

A row of five smiley face icons showing increasing levels of happiness from left to right.

FRIDAY

DATE



SCHEDULE		TO-DO LIST							
6AM			<input type="checkbox"/>						
7AM			<input type="checkbox"/>						
8AM			<input type="checkbox"/>						
9AM			<input type="checkbox"/>						
10AM			<input type="checkbox"/>						
11AM		DAILY PRIORITIES							
12AM			<input type="checkbox"/>						
1AM			<input type="checkbox"/>						
2AM			<input type="checkbox"/>						
3AM		WATER BALANCE							
4AM									
5AM		MOOD							
6AM									
7AM									
8AM									
9AM									
10AM									
11AM									

SATURDAY

DATE

WEATHER



SCHEDULE		TO-DO LIST							
6AM			<input type="checkbox"/>						
7AM			<input type="checkbox"/>						
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9AM			<input type="checkbox"/>						
10AM			<input type="checkbox"/>						
11AM		DAILY PRIORITIES							
12AM			<input type="checkbox"/>						
1AM			<input type="checkbox"/>						
2AM			<input type="checkbox"/>						
3AM		WATER BALANCE							
4AM									
5AM		MOOD							
6AM									
7AM									
8AM									
9AM									
10AM									
11AM									

SUNDAY

DATE

WEATHER



SCHEDULE		TO-DO LIST							
6AM			<input type="checkbox"/>						
7AM			<input type="checkbox"/>						
8AM			<input type="checkbox"/>						
9AM			<input type="checkbox"/>						
10AM			<input type="checkbox"/>						
11AM		DAILY PRIORITIES							
12AM			<input type="checkbox"/>						
1AM			<input type="checkbox"/>						
2AM			<input type="checkbox"/>						
3AM		WATER BALANCE							
4AM									
5AM		MOOD							
6AM									
7AM									
8AM									
9AM									
10AM									
11AM									

APPOINTMENTS

PLACE	DATE
DOCTOR	
APPOINTMENT PURPOSE	
QUESTIONS TO ASK	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
DOCTOR NOTES	
<input type="checkbox"/>	
AFTER APPOINTMENT TO-DO LIST	
<input type="checkbox"/>	

MEDICATION TRACKER

NAME: _____ WEEK: _____

#	MEDICATION / SUPPLEMENT	M	T	W	T	F	S	S
1								
2								
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4								
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6								
7								
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13								
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19								
20								

GROCERY LIST

The image displays a 4x2 grid of eight notepad pages. Each page features a light blue border and a white rectangular box at the top for writing a title or date. The main body of each page contains five horizontal lines for notes, with the first line being a solid top line and the subsequent four being dashed midlines. On the left margin of each page, there is a vertical column of five small, empty circles, likely for marking tasks.

MEAL PLANNER

	BREAKFAST	LUNCH	DINNER	SNACKS &
MON				WATER <input type="checkbox"/> <input type="checkbox"/>
TUE				WATER <input type="checkbox"/> <input type="checkbox"/>
WED				WATER <input type="checkbox"/> <input type="checkbox"/>
THU				WATER <input type="checkbox"/> <input type="checkbox"/>
FRI				WATER <input type="checkbox"/> <input type="checkbox"/>
SAT				WATER <input type="checkbox"/> <input type="checkbox"/>
SUN				WATER <input type="checkbox"/> <input type="checkbox"/>

MEAL PLANNER

M T W T F S S

	BREAKFAST				LUNCH				
MENU					MENU				
CALORIES	PROTEIN	CARBS	FAT	CALORIES	PROTEIN	CARBS	FAT		
TIME									
SNACK					DINNER				
MENU					MENU				
CALORIES	PROTEIN	CARBS	FAT	CALORIES	PROTEIN	CARBS	FAT		
TIME									

CALORIE TRACKER

DAY

BREAKFAST	PROTEINS	CARBS	CALORIES	FATS

LUNCH	PROTEINS	CARBS	CALORIES	FATS

DINNER	PROTEINS	CARBS	CALORIES	FATS

SNACKS	PROTEINS	CARBS	CALORIES	FATS

ADHD/Neurodiversity persons may seem to be in another world because their brains are wired differently, allowing them to see the world in a unique and creative way.

People with ADHD/Neurodiversity often seem to be in another world. They may be easily distracted, seem restless or fidgety, and have trouble paying attention. This can make it difficult for them to function in school or work settings, and it can lead to social isolation.



However, there is a growing body of research that suggests that ADHD/Neurodiversity is not a disorder, but rather a different way of thinking and processing information. People with ADHD/Neurodiversity often have brains that are wired differently, which can lead to different ways of seeing the world.

For example, people with ADHD/Neurodiversity may have a heightened sense of awareness and perception. They may be more sensitive to stimuli in their environment, and they may be able to see patterns and connections that others miss. This can make them excellent problem-solvers and creative thinkers.

People with ADHD/Neurodiversity may also have a more flexible and open mind. They may be more likely to think outside the box and come up with new and innovative ideas. They may also be more willing to take risks and try new things.

Of course, there are also challenges associated with ADHD/Neurodiversity. People with

ADHD/Neurodiversity may have difficulty staying organized and managing their time. They may also have trouble controlling their impulses, which can lead to problems in relationships and at work.

However, the challenges of ADHD/Neurodiversity can be overcome with the right support and accommodations. People with ADHD/Neurodiversity can learn to manage their symptoms and thrive in school, work, and life.

It is important to remember that ADHD/Neurodiversity is not a weakness. It is simply a different way of being. People with ADHD/Neurodiversity have unique strengths and talents that can be valuable in many different settings. When given the opportunity to thrive, people with ADHD/Neurodiversity can make significant contributions to the world.

Here are some additional resources that you may find helpful:

- **The National Institute of Mental Health:**
<https://www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd/index.shtml>

- The Attention Deficit Disorder Association: <https://add.org/>
- The National Autism Association: <https://www.nationalautismassociation.org/>
- The Learning Disabilities Association of America: <https://ldaamerica.org/>

How ADHD/Neurodiversity Persons Struggle with Implementing Mindfulness Techniques

Mindfulness is the practice of paying attention to the present moment without judgment. It can be a helpful tool for people with ADHD/Neurodiversity, as it can help them to focus their attention, reduce stress, and improve their overall well-being. However, people with ADHD/Neurodiversity may also find it challenging to implement mindfulness techniques.

Here are some of the reasons why people with ADHD/Neurodiversity may struggle with mindfulness:

- **They may have difficulty paying attention.** One of the hallmark symptoms of ADHD is difficulty paying attention. This can make it difficult for people with ADHD to focus on the present moment and to stay mindful of their thoughts and feelings.
- **They may be easily distracted.** People with ADHD are often easily distracted by their surroundings. This can make it difficult for them to practice mindfulness, as they may be constantly drawn away from their breath or other focus object.
- **They may have trouble controlling their thoughts.** People with ADHD may have trouble controlling their thoughts. This can make it difficult for them to practice mindfulness, as they may be bombarded with thoughts that they cannot control.
- **They may have difficulty sitting still.** People with ADHD may have difficulty sitting still. This can make it difficult for them to practice mindfulness, as they may feel the need to fidget or move around.



Despite these challenges, mindfulness can still be a helpful tool for people with ADHD/Neurodiversity. There are a number of mindfulness techniques that people with ADHD/Neurodiversity can try, such as:

- **Body scan meditation:** This involves focusing your attention on different parts of your body, from your head to your toes.
- **Mindful breathing:** This involves focusing your attention on your breath as you inhale and exhale.
- **Walking meditation:** This involves walking slowly and mindfully, paying attention to your surroundings and your body sensations.
- **Gratitude journaling:** This involves writing down things you are grateful for each day.
- **Mindful eating:** This involves paying attention to the taste, texture, and smell of your food as you eat.

It is important to find a mindfulness technique that works for you and to be patient with yourself as you practice. Mindfulness takes time and practice, but it can be a valuable tool for people with ADHD/Neurodiversity.

Here are some additional tips for people with ADHD/Neurodiversity who are trying to implement mindfulness techniques:

- **Start small.** Don't try to meditate for 30 minutes at a time if you're just starting out. Start with shorter periods of time, such as 5 or 10 minutes, and gradually increase the amount of time you meditate as you become more comfortable with it.
- **Find a quiet place.** If you find that you are easily distracted, find a quiet place to meditate where you won't be interrupted.
- **Use a timer.** If you have trouble staying focused, use a timer to help you keep track of time.
- **Be kind to yourself.** If you find your mind wandering during meditation, don't beat yourself up. Just gently bring your attention back to your breath or focus object.
- **Practice regularly.** The more you practice mindfulness, the easier it will become. Try to meditate at least once a day, even if it's just for a few minutes.

Mindfulness is a powerful tool that can help people with ADHD/Neurodiversity to improve their focus, reduce stress, and live more fulfilling lives. If you are struggling with ADHD/Neurodiversity, don't give up on mindfulness. With practice, you can learn to use mindfulness to manage your symptoms and live a happier and healthier life.

Here are 4 mindfulness techniques for ADHD/Neurodiversity persons to assist with paying attention:

1. **Body scan meditation:** This involves focusing your attention on different parts of your body, from your head to your toes. As you scan your body, notice any sensations you feel, such as tension, warmth, or tingling.
2. **Mindful breathing:** This involves focusing your attention on your breath as you inhale and exhale. Notice the rise and fall of your chest, the cool air as it enters your nose, and the warm air as it leaves your mouth.
3. **Walking meditation:** This involves walking slowly and mindfully, paying attention to your surroundings and your body sensations. Notice the feeling of your feet on the ground, the sound of your footsteps, and the sights and smells of your environment.
4. **Gratitude journaling:** This involves writing down things you are grateful for each day. As you write, focus on the positive aspects of your life and the people who are important to you.

These are just a few examples of mindfulness techniques that can help people with ADHD/Neurodiversity to pay attention. It is important to find a technique that works for you and to practice regularly. With time and practice, mindfulness can help you to improve your focus and concentration.

Here are some additional tips for people with ADHD/Neurodiversity who are trying to improve their attention span:

- **Find a quiet place to focus.** If you find that you are easily distracted, find a quiet place to focus where you won't be interrupted.
- **Set small goals.** Don't try to focus for long periods of time at first. Start with short periods of time, such as 5 or 10 minutes, and gradually increase the amount of time you focus as you become more comfortable with it.

- **Take breaks.** If you find yourself getting distracted, take a short break and then come back to your task.
- **Reward yourself.** When you are able to focus for a certain period of time, reward yourself with something you enjoy. This will help you to stay motivated.

With practice, you can learn to improve your attention span and focus on the task at hand. Mindfulness can be a helpful tool in this process.



Here are 10 affirmations for ADHD/Neurodiversity persons to overcome distractions:

1. I am capable of focusing on the task at hand.
2. I am in control of my thoughts and I can choose to focus on what is important.
3. I am not alone in this. Many people with ADHD/Neurodiversity have overcome distractions.
4. I am worthy of success and I can achieve my goals.
5. I am not a failure if I get distracted. Everyone gets distracted sometimes.
6. I can learn to manage my distractions and focus on what is important.
7. I am taking steps to overcome my distractions and I am succeeding.
8. I am proud of myself for my efforts to overcome distractions.
9. I am confident in my ability to focus and achieve my goals.
10. I am grateful for the support of my loved ones and my therapist.

Affirmations can be a helpful tool for people with ADHD/Neurodiversity to overcome distractions. Affirmations are positive statements that you repeat to yourself. When you repeat an affirmation, you are essentially programming your brain to believe that the statement is true. This can help you to change your mindset and overcome negative thoughts and beliefs about yourself.

When choosing affirmations, it is important to choose statements that are specific, positive, and believable. For example, instead of saying "I am good at focusing," you could say "I am capable of focusing on the task at hand." This statement is more specific and believable.

It is also important to repeat your affirmations regularly. The more you repeat them, the more they will sink into your subconscious mind and the more they will start to affect your thoughts and behavior.



If you are struggling with distractions, affirmations can be a helpful tool to add to your toolbox. Try repeating some of the affirmations listed above and see if they help you to focus and achieve your goals.

Here are 5 **DBT** skills for ADHD/Neurodiversity to assist in controlling their thoughts:

1. **Distress Tolerance:** This skill involves learning how to cope with difficult emotions in a healthy way. Some distress tolerance skills include:
 - **Take a deep breath:** This can help to calm your body and mind.
 - **Ground yourself:** This involves focusing on your senses and the present moment.
 - **Do something you enjoy:** This can help to take your mind off of your worries.
 - **Talk to someone you trust:** This can help you to feel supported and understood.
2. **Mindfulness:** This skill involves paying attention to the present moment without judgment. Some mindfulness skills include:
 - **Body scan meditation:** This involves focusing your attention on different parts of your body, from your head to your toes.
 - **Mindful breathing:** This involves focusing your attention on your breath as you inhale and exhale.
 - **Walking meditation:** This involves walking slowly and mindfully, paying attention to your surroundings and your body sensations.
 - **Gratitude journaling:** This involves writing down things you are grateful for each day.
 - **Mindful eating:** This involves paying attention to the taste, texture, and smell of your food as you eat.
3. **Interpersonal Effectiveness:** This skill involves learning how to communicate your needs and wants in a respectful way. Some interpersonal effectiveness skills include:
 - **Expressing your needs:** This involves being clear about what you want and need.
 - **Assertiveness:** This involves standing up for yourself in a respectful way.
 - **Active listening:** This involves paying attention to what the other person is saying and trying to understand their perspective.
 - **Negotiation:** This involves finding a solution that works for both you and the other person.
4. **Emotion Regulation:** This skill involves learning how to manage your emotions in a healthy way. Some emotion regulation skills include:
 - **Name your emotion:** This involves identifying the emotion you are feeling.
 - **Express your emotion:** This involves expressing your emotion in a healthy way.
 - **Challenge your thoughts:** This involves examining your thoughts and challenging any negative or unhelpful thoughts.
 - **Calm your body:** This involves using relaxation techniques to calm your body.
 - **Take a break:** This involves taking a break from the situation if you are feeling overwhelmed.
5. **Acceptance:** This skill involves learning to accept things that you cannot change. Some acceptance skills include:
 - **Acknowledge your feelings:** This involves acknowledging the emotions you are feeling, even if you don't like them.
 - **Let go of control:** This involves letting go of the need to control everything.
 - **Focus on the present moment:** This involves focusing on the here and now, rather than dwelling on the past or worrying about the future.
 - **Practice self-compassion:** This involves being kind and understanding to yourself, even when you make mistakes.

It is important to note that these are just a few examples of DBT skills. There are many other DBT skills that can be helpful for people with ADHD/Neurodiversity. It is important to find the skills that work best for you and to practice them regularly. With time and practice, you can learn to use DBT skills to manage your thoughts and emotions in a healthy way.



If you are struggling with ADHD/Neurodiversity, you may want to consider seeking professional help. A therapist can teach you DBT skills and help you to develop a treatment plan that is right for you.

How Walking Meditation Can Help ADHD/Neurodiversity Persons When They Can't Sit Still

People with ADHD/Neurodiversity often find it difficult to sit still. They may fidget, squirm, or get up and move around frequently. This can make it difficult for them to focus on tasks, learn new information, or participate in social activities.

Walking meditation can be a helpful way for people with ADHD/Neurodiversity to focus their attention and calm their bodies. It involves walking slowly and mindfully, paying attention to your surroundings and your body sensations.

Here are some of the benefits of walking meditation for people with ADHD/Neurodiversity:

- **It can help to improve focus and concentration.** When you are walking mindfully, you are forced to focus on the present moment and to let go of distractions. This can help to improve your ability to focus on tasks and to learn new information.
- **It can help to reduce anxiety and stress.** The act of walking can help to release endorphins, which have mood-boosting effects. Additionally, the focus on the present moment can help to calm the mind and reduce anxiety.
- **It can help to improve balance and coordination.** Walking mindfully requires you to be aware of your body and your surroundings. This can help to improve your balance and coordination, which can be helpful for people with ADHD/Neurodiversity who may have difficulty with these skills.
- **It can help to promote relaxation and well-being.** Walking meditation can be a calming and peaceful experience. It can help to reduce stress, anxiety, and improve overall mood.

If you are interested in trying walking meditation, here are a few tips:

- **Find a quiet place to walk.** If you find that you are easily distracted, find a quiet place to walk where you won't be interrupted.
- **Start slowly.** Don't try to walk for long distances or at a fast pace at first. Start with short walks in a comfortable location.
- **Pay attention to your breath.** As you walk, focus on your breath. Notice the rise and fall of your chest and the air as it enters and leaves your nose.

- **Notice your surroundings.** As you walk, notice your surroundings. Pay attention to the sights, sounds, and smells of your environment.
- **Be kind to yourself.** If you find your mind wandering, don't beat yourself up. Just gently bring your attention back to your breath or your surroundings.
- **Practice regularly.** The more you practice walking meditation, the easier it will become. Try to walk mindfully for at least 10 minutes a day.

Walking meditation can be a helpful tool for people with ADHD/Neurodiversity to focus their attention, calm their bodies, and improve their overall well-being. If you are struggling with ADHD/Neurodiversity, walking meditation may be a helpful addition to your treatment plan.

Pre-Caution

While engaging in any **yoga activities**, always remember:

- **Listen to your body.** Don't push yourself too hard, and be sure to **modify poses as needed**.
- **Use props to help you.** Props can be a great way to **make poses more accessible** and to reduce the risk of injury.
- **Take breaks.** If you're feeling tired or sore, take a break from your practice.
- **Don't be afraid to ask for help.** If you're not sure how to modify a pose or if you have any concerns, ask your instructor for help.

Always listen to your body and modify poses as needed. Also review on our [website](#), our guidance on using Yoga for mental health purposes.

JULY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

NOTES	TO DO

MONTH AT GLANCE

MONTH: _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○

NOTES

SYMPTOMS TRACKER

DATE

BREAKFAST	SYMPTOMS										
SYMPTOMS SEVERITY	<table border="1"><tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr></table>	1	2	3	4	5	6	7	8	9	10
1	2	3	4	5	6	7	8	9	10		
LUNCH	SYMPTOMS										
SYMPTOMS SEVERITY	<table border="1"><tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr></table>	1	2	3	4	5	6	7	8	9	10
1	2	3	4	5	6	7	8	9	10		
DINNER	SYMPTOMS										
SYMPTOMS SEVERITY	<table border="1"><tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr></table>	1	2	3	4	5	6	7	8	9	10
1	2	3	4	5	6	7	8	9	10		
SNACK	SYMPTOMS										
SYMPTOMS SEVERITY	<table border="1"><tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr></table>	1	2	3	4	5	6	7	8	9	10
1	2	3	4	5	6	7	8	9	10		



WEEKLY PLANNER

Weekly priorities

-
-
-
-
-

Notes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Checklist

-
-
-
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Appointment

Reminder

MONDAY

DATE

WEATHER



SCHEDULE		TO-DO LIST	
6AM			<input type="checkbox"/>
7AM			<input type="checkbox"/>
8AM			<input type="checkbox"/>
9AM			<input type="checkbox"/>
10AM			<input type="checkbox"/>
11AM		DAILY PRIORITIES	
12AM			<input type="checkbox"/>
1AM			<input type="checkbox"/>
2AM			<input type="checkbox"/>
3AM		WATER BALANCE	
4AM			      
5AM		MOOD	    
6AM			
7AM			
8AM			
9AM			
10AM			
11AM			

TUESDAY

DATE

WEATHER



SCHEDULE		TO-DO LIST	
6AM			<input type="checkbox"/>
7AM			<input type="checkbox"/>
8AM			<input type="checkbox"/>
9AM			<input type="checkbox"/>
10AM			<input type="checkbox"/>
11AM		DAILY PRIORITIES	
12AM			<input type="checkbox"/>
1AM			<input type="checkbox"/>
2AM			<input type="checkbox"/>
3AM		WATER BALANCE	
4AM			      
5AM		MOOD	    
6AM			
7AM			
8AM			
9AM			
10AM			
11AM			

WEDNESDAY

DATE



THURSDAY

DATE

WEATHER



SCHEDULE		TO-DO LIST	
6AM			<input type="checkbox"/>
7AM			<input type="checkbox"/>
8AM			<input type="checkbox"/>
9AM			<input type="checkbox"/>
10AM			<input type="checkbox"/>
11AM			<input type="checkbox"/>
12AM			<input type="checkbox"/>
1AM			<input type="checkbox"/>
2AM			<input type="checkbox"/>
3AM			<input type="checkbox"/>
4AM			<input type="checkbox"/>
5AM			<input type="checkbox"/>
6AM			<input type="checkbox"/>
7AM			<input type="checkbox"/>
8AM			<input type="checkbox"/>
9AM			<input type="checkbox"/>
10AM			<input type="checkbox"/>
11AM			<input type="checkbox"/>

DAILY PRIORITIES

WATER BALANCE

MOOD

Eight small icons of glasses filled with water.

Five small circular icons showing faces from sad to happy.

FRIDAY

DATE

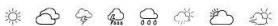


SCHEDULE		TO-DO LIST							
6AM			<input type="checkbox"/>						
7AM			<input type="checkbox"/>						
8AM			<input type="checkbox"/>						
9AM			<input type="checkbox"/>						
10AM			<input type="checkbox"/>						
11AM		DAILY PRIORITIES							
12AM			<input type="checkbox"/>						
1AM			<input type="checkbox"/>						
2AM			<input type="checkbox"/>						
3AM		WATER BALANCE							
4AM									
5AM		MOOD							
6AM									
7AM									
8AM									
9AM									
10AM									
11AM									

SATURDAY

DATE

WEATHER



SCHEDULE		TO-DO LIST	
6AM			<input type="checkbox"/>
7AM			<input type="checkbox"/>
8AM			<input type="checkbox"/>
9AM			<input type="checkbox"/>
10AM			<input type="checkbox"/>
11AM			<input type="checkbox"/>
12AM			<input type="checkbox"/>
1AM			<input type="checkbox"/>
2AM			<input type="checkbox"/>
3AM			<input type="checkbox"/>
4AM			<input type="checkbox"/>
5AM			<input type="checkbox"/>
6AM			<input type="checkbox"/>
7AM			<input type="checkbox"/>
8AM			<input type="checkbox"/>
9AM			<input type="checkbox"/>
10AM			<input type="checkbox"/>
11AM			<input type="checkbox"/>

DAILY PRIORITIES

WATER BALANCE

A row of eight small water glass icons.

MOOD

A row of five smiley face icons ranging from sad to happy.

SUNDAY

DATE



SCHEDULE		TO-DO LIST	
6AM			<input type="checkbox"/>
7AM			<input type="checkbox"/>
8AM			<input type="checkbox"/>
9AM			<input type="checkbox"/>
10AM			<input type="checkbox"/>
11AM		DAILY PRIORITIES	
12AM			<input type="checkbox"/>
1AM			<input type="checkbox"/>
2AM			<input type="checkbox"/>
3AM		WATER BALANCE	
4AM			       
5AM		MOOD	
6AM			    
7AM			
8AM			
9AM			
10AM			
11AM			

APPOINTMENTS

PLACE	DATE
DOCTOR	
APPOINTMENT PURPOSE	
QUESTIONS TO ASK	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
DOCTOR NOTES	
<input type="checkbox"/>	
AFTER APPOINTMENT TO-DO LIST	
<input type="checkbox"/>	

MEDICATION TRACKER

NAME: _____ WEEK: _____

#	MEDICATION / SUPPLEMENT	M	T	W	T	F	S	S
1								
2								
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20								

GROCERY LIST

MEAL PLANNER

	BREAKFAST	LUNCH	DINNER	SNACKS &
MON				WATER <input type="checkbox"/> <input type="checkbox"/>
TUE				WATER <input type="checkbox"/> <input type="checkbox"/>
WED				WATER <input type="checkbox"/> <input type="checkbox"/>
THU				WATER <input type="checkbox"/> <input type="checkbox"/>
FRI				WATER <input type="checkbox"/> <input type="checkbox"/>
SAT				WATER <input type="checkbox"/> <input type="checkbox"/>
SUN				WATER <input type="checkbox"/> <input type="checkbox"/>

MEAL PLANNER

M T W T F S S

	BREAKFAST				LUNCH					
MENU					MENU					
CALORIES	PROTEIN	CARBS	FAT	CALORIES	PROTEIN	CARBS	FAT			
TIME										
SNACK					DINNER					
MENU					MENU					
CALORIES	PROTEIN	CARBS	FAT	CALORIES	PROTEIN	CARBS	FAT			
TIME										

CALORIE TRACKER

DAY

BREAKFAST	PROTEINS	CARBS	CALORIES	FATS

LUNCH	PROTEINS	CARBS	CALORIES	FATS

DINNER	PROTEINS	CARBS	CALORIES	FATS

SNACKS	PROTEINS	CARBS	CALORIES	FATS

Grounding with mindfulness practice can help ADHD/Neurodiversity folks to stay present, calm, and focused.

5-4-3-2-1

GROUNDING TECHNIQUE

- 5 Things you can **see**
- 4 Things you can **feel**
- 3 Things you can **hear**
- 2 Things you can **smell**
- 1 Things you can **taste**

People with ADHD/Neurodiversity often find it difficult to stay present, calm, and focused. They may experience symptoms such as hyperactivity, impulsivity, and inattention. These symptoms can make it difficult to participate in everyday activities, such as school, work, and social interactions.

Grounding with mindfulness practice can be a helpful way for people with ADHD/Neurodiversity to overcome these challenges. Grounding is the practice of bringing one's attention to the present moment and to the physical body. Mindfulness is the practice of paying attention to the present moment without judgment.

There are many different grounding techniques that can be helpful for people with ADHD/Neurodiversity. Some examples include:

- **Body scan meditation:** This involves focusing on different parts of the body, from the head to the toes. As you scan your body, notice any sensations you feel, such as tension, warmth, or tingling.
- **Mindful breathing:** This involves focusing on your breath as you inhale and exhale. Notice the rise and fall of your chest, the cool air as it enters your nose, and the warm air as it leaves your mouth.
- **Mindful walking:** This involves walking slowly and mindfully, paying attention to your surroundings and your body sensations. Notice the feeling of your feet on the ground, the sound of your footsteps, and the sights and smells of your environment.
- **Nature walks:** Spending time in nature can be a grounding experience for people with ADHD/Neurodiversity. Pay attention to the sights, sounds, and smells of your surroundings.
- **Progressive muscle relaxation:** This involves tensing and relaxing different muscle groups in your body. As you tense each muscle group, notice the tension. As you relax each muscle group, notice the release of tension.

FREE Grounding Workbook <https://bit.ly/3Xv9p50>

Grounding with mindfulness practice can help people with ADHD/Neurodiversity to:

- **Stay present:** Grounding techniques can help people with ADHD/Neurodiversity to bring their attention to the present moment. This can be helpful for people who often find themselves thinking about the past or the future.
- **Calm down:** Grounding techniques can help people with ADHD/Neurodiversity to calm down when they are feeling overwhelmed or anxious.
- **Focus:** Grounding techniques can help people with ADHD/Neurodiversity to focus on tasks and to learn new information.
- **Reduce stress:** Grounding techniques can help people with ADHD/Neurodiversity to reduce stress and anxiety.
- **Improve sleep:** Grounding techniques can help people with ADHD/Neurodiversity to improve their sleep quality.

If you are interested in trying grounding with mindfulness practice, here are a few tips:

- **Start slowly:** Don't try to do too much at once. Start with short grounding exercises and gradually increase the amount of time you spend practicing.
- **Find a quiet place:** Find a quiet place where you won't be interrupted.
- **Be kind to yourself:** If you find your mind wandering, don't beat yourself up. Just gently bring your attention back to the present moment.
- **Practice regularly:** The more you practice grounding with mindfulness, the easier it will become. Try to practice grounding exercises for at least 10 minutes a day.



Grounding with mindfulness practice can be a helpful tool for people with ADHD/Neurodiversity to overcome the challenges they face. If you are struggling with ADHD/Neurodiversity, grounding with mindfulness practice may be a helpful addition to your treatment plan.

Pranayama

Breathwork in Yoga is called Pranayama. Pranayama is an ancient breath technique that originates from yogic practices in India. It involves controlling your breath in different styles and lengths. It has more recently gained popularity in the western world because of the many health benefits that come from a pranayama practice.

Pranayama and the practice of connecting with and strengthening your breath supports the healing process. Many wounds from trauma are buried deep, yet some are more recent and closer to the surface. By beginning where we are, focusing on the natural breath, how it feels, and exploring the embodied sensations that may be connected to memories, thoughts, and stresses that appear without deeper exploration, we can begin to feel the effects of mindful breathing and how the body reacts to specific stimulation. This awareness connects to understanding how relaxation, exertion, stressors, emotions, etc., feel in the body and impact the breath. This becomes the foundation of instructing what the mind-body connection is. When guiding breathing practices, we often offer cues to inhale through the nostrils and exhale through the mouth. This too, is invitational. To explore this further, we again offer the words of Josefin Wikstrom and James Fox: We typically recommend breathing through your nose when practicing yoga unless you are unable to do so because of injury or illness, or if doing so causes you stress. Breathing through the nose allows the hairs in the

nostrils to filter out particles of dust and dirt that can be harmful to the lungs. When too many particles become trapped on the membranes of the nose, the body secretes mucus to expel them. Also, the mucous membranes of the septum that separate the two nostrils serve to warm the air for our lungs. Another important reason to breathe through the nose is to maintain the proper balance of oxygen and carbon dioxide in our blood. When breathing through the mouth, we normally inhale and exhale air quickly and in large volumes. Research has shown that releasing carbon dioxide too quickly can cause arteries and blood vessels to constrict, not allowing the oxygen in our blood to reach the cells in sufficient quantity. Lack of sufficient oxygen going to the cells of the brain can trigger the sympathetic nervous system, accelerating the heart and triggering a “fight or flight” response, making us feel tense and irritable. When breathing through the nose we are more apt to slow the breath rate, inflate the entire lung, and engage the parasympathetic nervous system, slowing the heart rate, and calming the body and mind. It may take some time to feel comfortable focusing your awareness on your breathing. Take your time. If it feels stressful, focus your attention on the physical poses first and turn your awareness to your breathing when it feels right to you. *from PYP 200hr CYT Teachers Training Manual* <https://bit.ly/PYP-Training>



tiffanywoodyoga.com

Apana Vayu

The downward current of energy. Related to the exhalation; nourishes the pelvis, reproductive and eliminatory systems.

Prana Vayu

The Upward current of energy. Related to the inhalation; nourishes the chest, cardio-respiratory and immune system.

Samana Vayu

The horizontal current of energy. Expands on inhalation and softens on exhalation; nourishes the solar plexus and the digestive system.

Udana Vayu

The uppermost current of energy. Rises on inhalation and circulates on exhalation; nourishes the neck, head, nervous and endocrine systems.

Vyana Vayu

The all-pervading current of energy. Expands on exhalation and concentrates on inhalation; supports circulation to the extremities.

As this passage indicates, many individuals have discomfort breathing exclusively through their nose. I have lifelong asthma, with sinus conditions. Breathing through my nose is not always capable by me. So use and vary how you do pranayama for yourself. You can email me, or find a local yoga teacher for more information.

Once we establish a base connected to our natural breath, we can then learn how to introduce different breathing techniques to our practice.

What is Prana Vayu

<https://youtu.be/iOd0MVzo9-Y>

<https://youtu.be/Kp4Aql-bBPo>

<https://youtu.be/4qIKCi8ZVhg>

How Progressive Muscle Relaxation Helps Those with ADHD

Progressive muscle relaxation (PMR) is a technique that involves tensing and relaxing different muscle groups in the body. As you tense each muscle group, notice the tension. As you relax each muscle group, notice the release of tension.

PMR can be a helpful relaxation technique for people with ADHD for a few reasons. First, it can help people with ADHD to focus their attention on the present moment. When you are practicing PMR, you are forced to focus on the sensations in your body. This can be helpful for people with ADHD who often find themselves thinking about the past or the future.

Second, PMR can help people with ADHD to reduce stress and anxiety. Stress and anxiety can often make ADHD symptoms worse. PMR can help to reduce stress and anxiety, which can lead to improvements in focus, concentration, and impulse control.

Third, PMR can help people with ADHD to sleep better. Sleep deprivation can also make ADHD symptoms worse. PMR can help to improve sleep quality, which can lead to improvements in overall well-being.

If you are interested in trying PMR, here are a few tips:

- Find a quiet place where you won't be interrupted.
- Start by tensing and relaxing your feet for a few seconds.
- Gradually work your way up your body, tensing and relaxing each muscle group.
- Pay attention to the sensations in your body as you tense and relax each muscle group.
- If you find your mind wandering, gently bring your attention back to the sensations in your body.
- Practice PMR for at least 10 minutes a day.

PMR is a safe and effective relaxation technique that can be helpful for people with ADHD. If you are struggling with ADHD, PMR may be a helpful addition to your treatment plan.

Here are some additional research studies that support the use of PMR for people with ADHD:

- A study published in the journal "Attention Deficit Hyperactivity Disorder" found that PMR was effective in reducing ADHD symptoms in children.
- Another study, published in the journal "Behavioural and Cognitive Psychotherapy", found that PMR was effective in improving sleep quality in people with ADHD.
- A third study, published in the journal "The Journal of Clinical Psychology", found that PMR was effective in reducing stress and anxiety in people with ADHD.

These are just a few examples of the research that has been done on the use of PMR for people with ADHD. If you are interested in learning more about this topic, I recommend doing a literature search to find additional studies.

It is important to note that PMR is not a cure for ADHD. However, it can be a helpful complementary therapy that can be used to improve the symptoms of ADHD. If you are considering using PMR to treat ADHD, it is important to talk to your doctor first.

Pre-Caution

While engaging in any yoga activities, always remember:

- Listen to your body. Don't push yourself too hard, and be sure to modify poses as needed.

- **Use props to help you.** Props can be a great way to make poses more accessible and to reduce the risk of injury.
- **Take breaks.** If you're feeling tired or sore, take a break from your practice.
- **Don't be afraid to ask for help.** If you're not sure how to modify a pose or if you have any concerns, ask your instructor for help.

Always listen to your body and modify poses as needed. Also review on our [website](#), our guidance on using Yoga for mental health purposes.

<https://dharmaseedsyoga.wordpress.com/control/>

<https://youtu.be/pGrmQx27K7E>

<https://youtu.be/bsfPwUDzUgM>

<https://youtu.be/34tVOUlgdSE>

<https://youtu.be/b8m0WCIG1EA>

<https://youtu.be/6qRWF4pDLxc>



0933/

2. **Pranayama for Attention Deficit Hyperactivity Disorder (ADHD):** This review article discusses the potential benefits of Pranayama for ADHD. The article cites several studies that have shown that Pranayama can improve attention, focus, and impulse control in people with ADHD.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5237364/>
3. **Pranayama as a Complementary and Integrative Therapy for Attention Deficit Hyperactivity Disorder (ADHD):** This article reviews the evidence for the use of Pranayama as a complementary and integrative therapy for ADHD. The article concludes that Pranayama is a safe and effective intervention that can be used to

Research

Here are 3 academic and scientific articles on ADHD persons and using Pranayama:

1. **The Effects of Pranayama on Attention Deficit Hyperactivity Disorder (ADHD) Symptoms in Children:** This study found that Pranayama was effective in reducing ADHD symptoms in children. The study participants who practiced Pranayama showed significant improvement in their attention, concentration, and impulse control.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC876>

improve the symptoms of ADHD. <https://www.igi-global.com/gateway/chapter/259311>

These are just a few examples of academic and scientific articles that have been published on the use of Pranayama for ADHD. If you are interested in learning more about this topic, I recommend doing a literature search to find additional articles.

It is important to note that Pranayama is not a cure for ADHD. However, it can be a helpful complementary therapy that can be used to improve the symptoms of ADHD. If you are considering using Pranayama to treat ADHD, it is important to talk to your doctor first.



AUGUST 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

NOTES	TO DO

MONTH AT GLANCE

MONTH: _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○

NOTES

SYMPTOMS TRACKER

DATE

BREAKFAST	SYMPTOMS
SYMPTOMS SEVERITY	1 2 3 4 5 6 7 8 9 10
LUNCH	SYMPTOMS
SYMPTOMS SEVERITY	1 2 3 4 5 6 7 8 9 10
DINNER	SYMPTOMS
SYMPTOMS SEVERITY	1 2 3 4 5 6 7 8 9 10
SNACK	SYMPTOMS
SYMPTOMS SEVERITY	1 2 3 4 5 6 7 8 9 10



WEEKLY PLANNER

Weekly priorities

-
-
-
-
-

Notes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Checklist

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-

Appointment

Reminder

MONDAY

DATE

WEATHER        



SCHEDULE		TO-DO LIST	
6AM			<input type="checkbox"/>
7AM			<input type="checkbox"/>
8AM			<input type="checkbox"/>
9AM			<input type="checkbox"/>
10AM			<input type="checkbox"/>
11AM		DAILY PRIORITIES	
12AM			<input type="checkbox"/>
1AM			<input type="checkbox"/>
2AM			<input type="checkbox"/>
3AM		WATER BALANCE	
4AM			      
5AM		MOOD	    
6AM			
7AM			
8AM			
9AM			
10AM			
11AM			

TUESDAY

DATE

WEATHER



SCHEDULE		TO-DO LIST	
6AM			<input type="checkbox"/>
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9AM			<input type="checkbox"/>
10AM			<input type="checkbox"/>
11AM		DAILY PRIORITIES	
12AM			<input type="checkbox"/>
1AM			<input type="checkbox"/>
2AM			<input type="checkbox"/>
3AM		WATER BALANCE	
4AM		      	
5AM		MOOD	
6AM		    	
7AM			
8AM			
9AM			
10AM			
11AM			

WEDNESDAY

DATE

WEATHER ☀️ ☁️ ☔️ ☤️ ☦️ ☩ ☮️ ☪️ ☫

SCHEDULE		TO-DO LIST	
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10AM			
11AM			

DAILY PRIORITIES

WATER BALANCE



MOOD



THURSDAY

DATE

WEATHER



SCHEDULE		TO-DO LIST	
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6AM			<input type="checkbox"/>
7AM			<input type="checkbox"/>
8AM			<input type="checkbox"/>
9AM			<input type="checkbox"/>
10AM			<input type="checkbox"/>
11AM			<input type="checkbox"/>

DAILY PRIORITIES

WATER BALANCE

MOOD

FRIDAY

DATE



SCHEDULE		TO-DO LIST							
6AM			<input type="checkbox"/>						
7AM			<input type="checkbox"/>						
8AM			<input type="checkbox"/>						
9AM			<input type="checkbox"/>						
10AM			<input type="checkbox"/>						
11AM		DAILY PRIORITIES							
12AM			<input type="checkbox"/>						
1AM			<input type="checkbox"/>						
2AM			<input type="checkbox"/>						
3AM		WATER BALANCE							
4AM									
5AM		MOOD							
6AM									
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8AM									
9AM									
10AM									
11AM									

SATURDAY

DATE

WEATHER



SCHEDULE		TO-DO LIST	
6AM			<input type="checkbox"/>
7AM			<input type="checkbox"/>
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9AM			<input type="checkbox"/>
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9AM			<input type="checkbox"/>
10AM			<input type="checkbox"/>
11AM			<input type="checkbox"/>

DAILY PRIORITIES

WATER BALANCE

MOOD

A row of eight small water glass icons.

A row of five smiley face icons showing increasing levels of happiness.

SUNDAY

DATE



SCHEDULE		TO-DO LIST	
6AM			<input type="checkbox"/>
7AM			<input type="checkbox"/>
8AM			<input type="checkbox"/>
9AM			<input type="checkbox"/>
10AM			<input type="checkbox"/>
11AM		DAILY PRIORITIES	
12AM			<input type="checkbox"/>
1AM			<input type="checkbox"/>
2AM			<input type="checkbox"/>
3AM		WATER BALANCE	
4AM			       
5AM		MOOD	
6AM			    
7AM			
8AM			
9AM			
10AM			
11AM			

APPOINTMENTS

PLACE	DATE
DOCTOR	
APPOINTMENT PURPOSE	
QUESTIONS TO ASK	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
DOCTOR NOTES	
<input type="checkbox"/>	
AFTER APPOINTMENT TO-DO LIST	
<input type="checkbox"/>	

MEDICATION TRACKER

NAME: _____ WEEK: _____

#	MEDICATION / SUPPLEMENT	M	T	W	T	F	S	S
1								
2								
3								
4								
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6								
7								
8								
9								
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GROCERY LIST

The image displays a 2x4 grid of eight identical lined pages. Each page has a light blue header bar at the top. Below the header, there are five horizontal dashed lines for writing. On the far left edge of each page, there is a vertical column of five small, empty circles, likely for marking or tracking. The pages are white with black dashed lines.

MEAL PLANNER

	BREAKFAST	LUNCH	DINNER	SNACKS &
MON				WATER <input type="checkbox"/> <input type="checkbox"/>
TUE				WATER <input type="checkbox"/> <input type="checkbox"/>
WED				WATER <input type="checkbox"/> <input type="checkbox"/>
THU				WATER <input type="checkbox"/> <input type="checkbox"/>
FRI				WATER <input type="checkbox"/> <input type="checkbox"/>
SAT				WATER <input type="checkbox"/> <input type="checkbox"/>
SUN				WATER <input type="checkbox"/> <input type="checkbox"/>

MEAL PLANNER

M T W T F S S

BREAKFAST		LUNCH		SNACK		DINNER	
MENU		MENU		MENU		MENU	
CALORIES	PROTEIN	CARBS	FAT	CALORIES	PROTEIN	CARBS	FAT
TIME		TIME		TIME		TIME	

CALORIE TRACKER

DAY

BREAKFAST	PROTEINS	CARBS	CALORIES	FATS

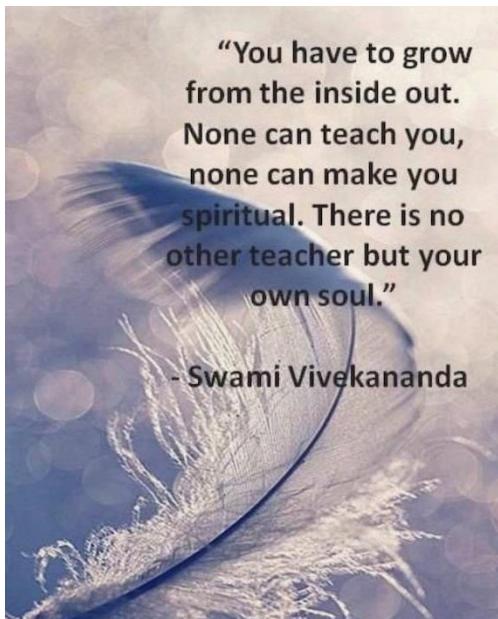
LUNCH	PROTEINS	CARBS	CALORIES	FATS

DINNER	PROTEINS	CARBS	CALORIES	FATS

SNACKS	PROTEINS	CARBS	CALORIES	FATS

Seeing your own truth

No matter where we fall on the neurodiversity spectrum, we all want to be seen, heard, and listened to. We are human beings who matter, and we deserve to be treated with respect and understanding. Today, we will explore our own desire to be seen, how we see ourselves, listening to others, and holding space for all of this.



We all have the right to set boundaries with others, no matter who they are. We deserve to be seen and treated with respect, without judgment. We should also work on our own abilities to see others in a non-judgmental way.

Whether it is body-design, perceived ability, perceived gender, race and even yoga attire and equipment. No judgement.

It can be difficult to see others and their needs before we see our own needs. Just as it is easier to see harm that is external to us first. However, it is important to look deeper into ourselves and our own needs.

Self-study can be a complex undertaking. However, it is important to remember that our neurodivergent identifications respond to new stimuli in the same way

that neurotypical identifications do. When we are exposed to a new event, we naturally react to it with emotions such as joy, interest, anger, fear, curiosity, or aversion. We then proceed based on this perception.

It is important to remember that our neurodivergent identifications are not a barrier to self-study. In fact, they can be a valuable tool for understanding ourselves better. By paying attention to how we react to new stimuli, we can learn more about our strengths and weaknesses. We can also learn more about how we can cope with challenges and stressors.

Self-study is an ongoing process. It is not something that we can do once and then be done with it. We need to be willing to engage in self-study on a regular basis in order to make progress.

If you are interested in learning more about self-study, there are many resources available online and in libraries. You can also talk to a therapist or counselor who can help you to develop a self-study plan that is right for you.

If we perceive it as trauma, then it will kick in our PTSD triggers. If we were frightened, injured, shamed in our past, and brought to this same emotion, our reaction would illustrate this.

Being aware of the assumptions and judgments that we carry can be a triggering experience. This is because it can bring up uncomfortable emotions such as shame, guilt, or

anger. It can also make us feel overwhelmed or paralyzed, especially if we find ourselves ignorant of, uncomfortable with, or morally opposed to another person's experiences.

Here are some of the key points:

- **Being aware of our assumptions and judgments can be a triggering experience.** This is because it can bring up uncomfortable emotions that we may have been avoiding.
- **These emotions can be shame, guilt, anger, or a combination of these.** They can also be accompanied by physical sensations such as nausea, dizziness, or shortness of breath.
- **When we are triggered, it can be difficult to think clearly or to make decisions.** We may feel overwhelmed or paralyzed, and we may want to avoid the situation that triggered us.
- **It is important to remember that it is okay to feel triggered.** It is also important to remember that we are not alone. Many people experience triggering experiences, and there are resources available to help us cope with them.
- **If you are triggered, it is important to take care of yourself.** This may mean taking some time to calm down, talking to someone you trust, or practicing self-care activities.
- **It is also important to remember that you do not have to do anything that you are not comfortable with.** If you are triggered by something, you can always excuse yourself from the situation.
- **If you are struggling to cope with triggering experiences, there are resources available to help you.** You can talk to a therapist, counselor, or other mental health professional. You can also join a support group or find online resources.

Identifying our assumptions is not always an easy task, but it is a necessary one as we begin our mindfulness journey. The collective assumptions and judgments that society shares can lead to exclusion and oppression, which are fueled by fear, anger, and ignorance. Systemic discrimination can diminish mental health and overall well-being.

Here are some of the key points:

- **Identifying our assumptions is not always easy.** This is because we are often unaware of them. We may have learned them from our families, our cultures, or our experiences.
- **It is a necessary undertaking as we begin our mindfulness journey.** This is because mindfulness requires us to be aware of our thoughts, feelings, and sensations. It also requires us to be aware of our biases and our assumptions.
- **The collective assumptions and judgments that society shares can lead to exclusion and oppression.** This is because they can lead us to see others as different or inferior. They can also lead us to treat others unfairly.
- **Exclusion and oppression are fueled by fear, anger, and ignorance.** This is because we fear what we do not understand. We are angry when we feel threatened. And we are ignorant when we do not have enough information.
- **Systemic discrimination can diminish mental health and overall well-being.** This is because it can lead to feelings of isolation, anxiety, and depression. It can also lead to physical health problems such as heart disease and high blood pressure.

It is important to remember that we are all capable of making assumptions and judgments. However, it is also important to be aware of them and to challenge them. By doing so, we can start to break down the barriers that divide us and create a more just and equitable world.



Step into your authentic truth

Satya, or truthfulness, is one of the five yamas, or ethical principles, in yoga. It is often translated as "truth" or "integrity," but it is more than just being honest with others. Satya also means being honest with yourself, and it encompasses the idea of living in alignment with your highest truth.

In yoga, Satya is seen as essential for spiritual growth and development. When we are truthful with ourselves and others, we create a foundation of trust and openness that allows us to connect more deeply with ourselves and with the world around us. Satya can also help us to overcome our fears and limitations, and to live more authentically.

There are many ways to practice Satya in yoga. One way is to simply be honest with yourself about your thoughts, feelings, and motivations. This can be difficult, but it is essential for living a truthful life. Another way to practice Satya is to be honest with others. This means speaking your truth even when it is difficult, and it also means being willing to listen to the truth of others.

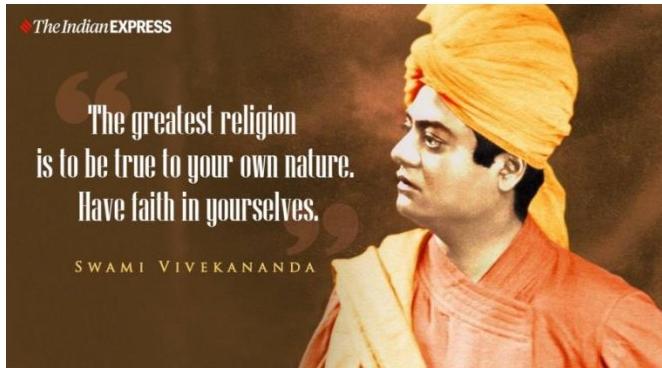
Satya can also be practiced in our actions. When we act in accordance with our highest truth, we are living a truthful life. This means avoiding harmful actions, and it also means taking action that is aligned with our values.

Practicing Satya can be challenging, but it is ultimately a rewarding path. When we live in truth, we experience greater peace, clarity, and connection. We also become more empowered to create the life we want to live.

Here are some specific examples of how Satya can be practiced in yoga:

- **In asana practice:** When you are practicing asana, it is important to be honest with yourself about your limitations and your abilities. Don't try to force yourself into poses that are too challenging, and don't avoid poses that are within your reach. Be honest with your teacher about your needs, and be honest with yourself about how you are feeling in each pose.
- **In pranayama practice:** When you are practicing pranayama, it is important to be honest with yourself about your breath. Don't try to force your breath into a certain pattern, and don't judge yourself if your breath is not perfect. Simply observe your breath as it is, without judgment.
- **In meditation practice:** When you are meditating, it is important to be honest with yourself about your thoughts and feelings. Don't try to suppress your thoughts, and don't judge yourself for having negative thoughts. Simply observe your thoughts as they come and go, without judgment.

Satya is a foundational principle in yoga, and it can be practiced in many different ways. By practicing Satya, we can create a more truthful and fulfilling life.



When we connect our mindfulness practice with Satya we are in the veins of our moral compass, intuition, and instincts. As we take steps, new steps reveal themselves to us. When we back down, turn away or ignore these instinct, our suffering grows. We are further from ourselves with ever averse decision.

Our spiritual practices, mindfulness & yoga, is here to help us to, practice. We sit with the challenging actions that also feels right. To breathe, consider, learn, and to act. As we build and strengthen our relationship with self, we begin to hear our own voice becoming louder and clearer. That voice is our advocate. Advocate for internal healing.

In yoga, as we dive deep with Satya, we observe truth, and how if not followed causes harm. Harm to ourselves or others. Satya asks us to think before we act/speak. We must be willing to question the dominant cultural narrative: we must hear and digest multiple perspectives and exercise our discernment.

Satya exploration in ourselves helps to excavate our minds in observing and understanding the perceptions we have of self that may result from a traumatic experience rather than personal truth. Yoga is a powerful tool for social justice.

Social justice violations can occur when society allows inequality to arise due to unjust prejudices or policies. Many of the worlds population experience tremendous poverty and food insecurity, racial, gender, and sexual injustice, displacement, disproportionate healthcare access, geocide, pandemics, sexual discriminations, pollution and live in fear daily. These inequalities have existed since mankind but does not excuse ourselves morally if we can't be empathetic.

Not sure where to start? Begin where your passions are. Learn more about community resources, or lack of resources in your community. Attend local town meeting, read local bulletins. Policies are written and changed on a daily basis and without diverse representation, decisions are being made that often do not consider the impact of the population. Always consider your sources and take time to check facts with more than one resource.

Align your path

Recognize how you may be contributing to the harm you witness. Our real purpose on earth is to see and connect to the nature of all. In honoring others, you honor yourself, and in dishonoring others, you dishonor yourself.

Dangerous assumptions, perceptions, and actions taken by those who share our communities are yet more unfortunate truths in our society. So how do we align our path to honor our truth and contribute to being a force for justice without continuing to continue harm?

Why truthfulness assists those with ADHD:

Attention deficit hyperactivity disorder (ADHD) is a neurodevelopmental disorder that affects how a person's brain functions. People with ADHD often have difficulty paying attention, controlling their impulses, and staying organized. As a result, they may experience challenges in school, work, and relationships.

First, truthfulness can be an important skill for people with ADHD for a number of reasons. First, it can help them to build trust with others. When people with ADHD are truthful, they are more likely to be seen as reliable and trustworthy. This can lead to stronger relationships with family, friends, teachers, and colleagues.

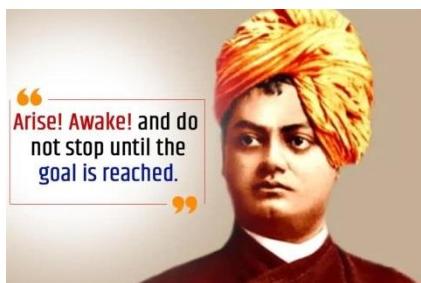
Second, truthfulness can help people with ADHD to feel more in control of their lives. When they are honest with themselves and others, they are less likely to feel overwhelmed or stressed. This can lead to improved mental health and well-being.

Third, truthfulness can help people with ADHD to set and achieve goals. When they are honest about their strengths and weaknesses, they can develop strategies for overcoming challenges. This can lead to greater success in school, work, and other areas of life.

Fourth, truthfulness can help people with ADHD to learn from their mistakes. When they are honest about their mistakes, they can identify the factors that contributed to them and develop strategies for avoiding them in the future. This can lead to personal growth and development.

Finally, truthfulness can help people with ADHD to feel more connected to others. When they are honest about their experiences, they can build stronger relationships with others who share similar experiences. This can lead to a sense of community and belonging.

Of course, truthfulness is not always easy for people with ADHD. They may be tempted to lie or avoid telling the truth in order to avoid conflict or to get what they want. However, it is important for people with ADHD to remember that the benefits of truthfulness outweigh the risks. When they are truthful, they are more likely to live happier, healthier, and more fulfilling lives.



Here are some tips for people with ADHD who want to practice truthfulness:

- **Be aware of your own triggers.** What are the situations that make you more likely to lie or avoid telling the truth? Once you know your triggers, you can start to develop strategies for coping with them.
- **Practice being honest with yourself.** This may seem

simple, but it can be one of the most challenging things for people with ADHD. When you are honest with yourself, you are more likely to be honest with others.

- **Find a trusted friend or family member who you can be honest with.** This person can offer support and encouragement when you are struggling with truthfulness.
- **Seek professional help if you need it.** If you are having difficulty being truthful, a therapist can help you to develop strategies for overcoming your challenges.

Truthfulness is an important skill for everyone, but it is especially important for people with ADHD. By practicing truthfulness, people with ADHD can build stronger relationships, improve their mental health, and achieve their goals.

Pre-Caution

While engaging in any **yoga activities**, always remember:

- **Listen to your body.** Don't push yourself too hard, and be sure to **modify poses as needed**.
- **Use props to help you.** Props can be a great way to **make poses more accessible** and to reduce the risk of injury.
- **Take breaks.** If you're feeling tired or sore, take a break from your practice.
- **Don't be afraid to ask for help.** If you're not sure how to modify a pose or if you have any concerns, ask your instructor for help.

Always listen to your body and modify poses as needed. Also review on our [website](#), our guidance on using Yoga for mental health purposes.

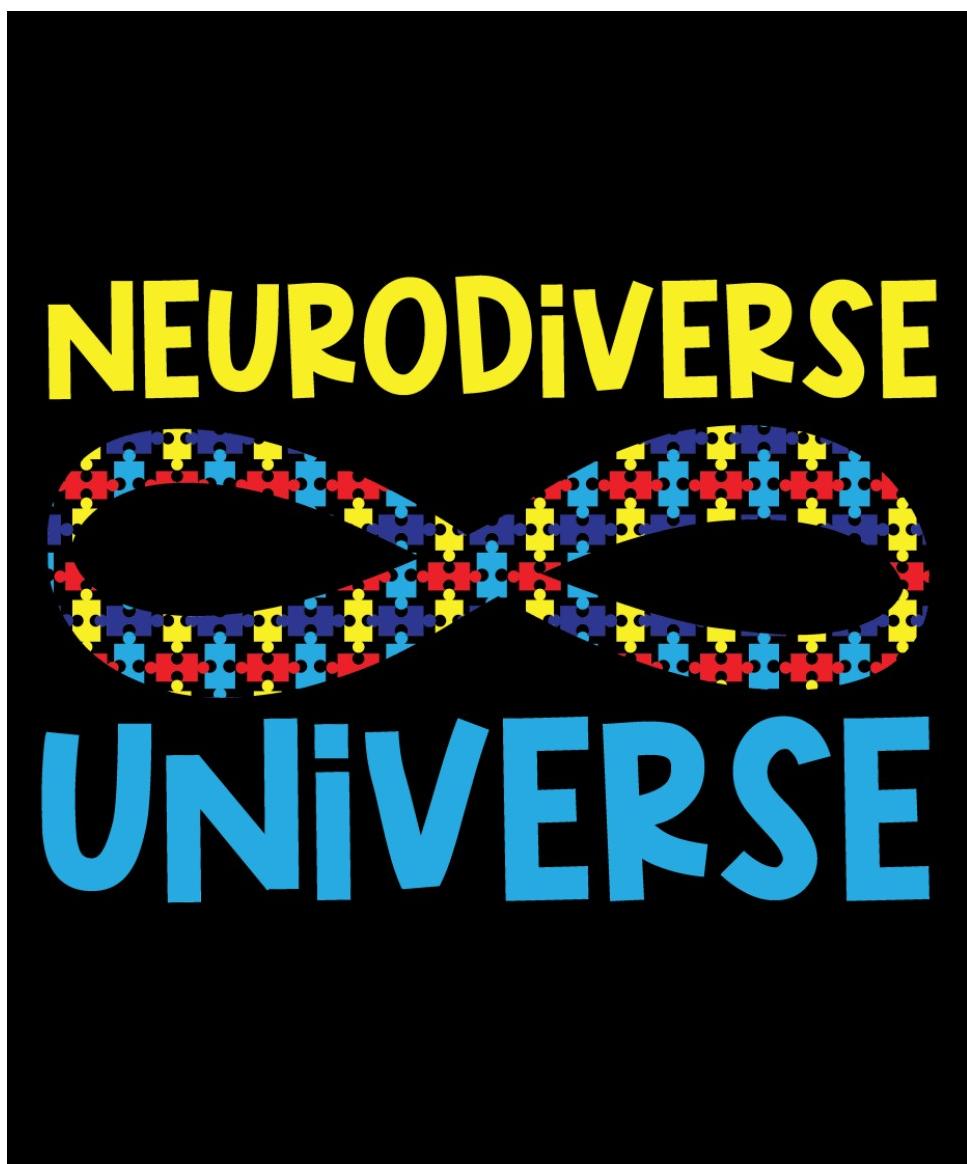
Yoga

Here are 6 mindfulness exercises to assist in **Satya, Truthfulness**:

1. **Body scan meditation:** This is a simple meditation where you focus on your breath and the sensations in your body. As you scan your body, notice any areas of tension or tightness. These areas may be holding onto emotions or thoughts that you are not fully aware of. As you breathe into these areas, allow yourself to release any tension or resistance that you may be holding onto.
2. **Mindful journaling:** This is a great way to explore your thoughts and feelings about truthfulness. Write about a time when you were truthful, and how it felt. Write about a time when you were not truthful, and how it felt. What did you learn from these experiences?
3. **Spend time in nature:** Nature can be a great place to connect with your inner truth. As you walk in nature, pay attention to the sights, sounds, and smells around you. Notice how you feel in nature. Do you feel more relaxed, at peace, or connected to yourself?

4. **Talk to a trusted friend or therapist:** Talking to someone you trust can be a great way to get support and guidance as you explore Satya. Discuss your thoughts and feelings about truthfulness, and ask for their insights and advice.
5. **Practice self-compassion:** Self-compassion is the practice of being kind and understanding towards yourself, even when you make mistakes. When you practice self-compassion, you are more likely to be truthful with yourself and others.
6. **Challenge your assumptions:** Our assumptions can often lead us to be dishonest. Take some time to challenge your assumptions about yourself, others, and the world. Ask yourself if your assumptions are based on facts or on fear, anger, or ignorance.

These are just a few mindfulness exercises that can assist in Satya, Truthfulness. Experiment with different exercises and see what works best for you. With regular practice, you can develop the skills to live a more truthful life.



SEPTEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

NOTES	TO DO

MONTH AT GLANCE

MONTH: _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○

NOTES

SYMPTOMS TRACKER

DATE

BREAKFAST	SYMPTOMS
SYMPTOMS SEVERITY 1 2 3 4 5 6 7 8 9 10	
LUNCH	SYMPTOMS
SYMPTOMS SEVERITY 1 2 3 4 5 6 7 8 9 10	
DINNER	SYMPTOMS
SYMPTOMS SEVERITY 1 2 3 4 5 6 7 8 9 10	
SNACK	SYMPTOMS
SYMPTOMS SEVERITY 1 2 3 4 5 6 7 8 9 10	



WEEKLY PLANNER

Weekly priorities

-
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Notes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Checklist

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Appointment

Reminder

MONDAY

DATE



SCHEDULE		TO-DO LIST	
6AM			<input type="checkbox"/>
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8AM			<input type="checkbox"/>
9AM			<input type="checkbox"/>
10AM			<input type="checkbox"/>
11AM		DAILY PRIORITIES	
12AM			<input type="checkbox"/>
1AM			<input type="checkbox"/>
2AM			<input type="checkbox"/>
3AM		WATER BALANCE	
4AM			      
5AM		MOOD	    
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11AM			

TUESDAY

DATE

WEATHER



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11AM			<input type="checkbox"/>

DAILY PRIORITIES

WATER BALANCE

A row of eight small water glass icons.

MOOD

A row of five circular mood icons ranging from sad to happy.

WEDNESDAY

DATE

WEATHER ☀️ ☁️ ☔️ ☤️ ☦️ ☩ ☮️ ☪️ ☫

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DAILY PRIORITIES

WATER BALANCE



MOOD



THURSDAY

DATE

WEATHER



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11AM			<input type="checkbox"/>

DAILY PRIORITIES

WATER BALANCE

MOOD

FRIDAY

DATE

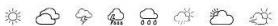


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11AM		DAILY PRIORITIES							
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2AM			<input type="checkbox"/>						
3AM		WATER BALANCE							
4AM									
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SATURDAY

DATE

WEATHER



SCHEDULE		TO-DO LIST	
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9AM			<input type="checkbox"/>
10AM			<input type="checkbox"/>
11AM			<input type="checkbox"/>

DAILY PRIORITIES

WATER BALANCE

MOOD

A row of eight small water glass icons.

A row of five smiley face icons ranging from sad to happy.

SUNDAY

DATE



SCHEDULE		TO-DO LIST	
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9AM			<input type="checkbox"/>
10AM			<input type="checkbox"/>
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1AM			<input type="checkbox"/>
2AM			<input type="checkbox"/>
3AM		WATER BALANCE	
4AM			       
5AM		MOOD	    
6AM			
7AM			
8AM			
9AM			
10AM			
11AM			

APPOINTMENTS

PLACE	DATE
DOCTOR	
APPOINTMENT PURPOSE	
QUESTIONS TO ASK	
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<input type="checkbox"/>	
<input type="checkbox"/>	
DOCTOR NOTES	
<input type="checkbox"/>	
AFTER APPOINTMENT TO-DO LIST	
<input type="checkbox"/>	

MEDICATION TRACKER

NAME: _____ WEEK: _____

#	MEDICATION / SUPPLEMENT	M	T	W	T	F	S	S
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GROCERY LIST

MEAL PLANNER

	BREAKFAST	LUNCH	DINNER	SNACKS &
MON				WATER <input type="checkbox"/> <input type="checkbox"/>
TUE				WATER <input type="checkbox"/> <input type="checkbox"/>
WED				WATER <input type="checkbox"/> <input type="checkbox"/>
THU				WATER <input type="checkbox"/> <input type="checkbox"/>
FRI				WATER <input type="checkbox"/> <input type="checkbox"/>
SAT				WATER <input type="checkbox"/> <input type="checkbox"/>
SUN				WATER <input type="checkbox"/> <input type="checkbox"/>

MEAL PLANNER

M T W T F S S

BREAKFAST		LUNCH		SNACK		DINNER	
MENU		MENU		MENU		MENU	
CALORIES	PROTEIN	CARBS	FAT	CALORIES	PROTEIN	CARBS	FAT
TIME				TIME			
TIME							
TIME		TIME		TIME		TIME	

CALORIE TRACKER

DAY

BREAKFAST	PROTEINS	CARBS	CALORIES	FATS

LUNCH	PROTEINS	CARBS	CALORIES	FATS

DINNER	PROTEINS	CARBS	CALORIES	FATS

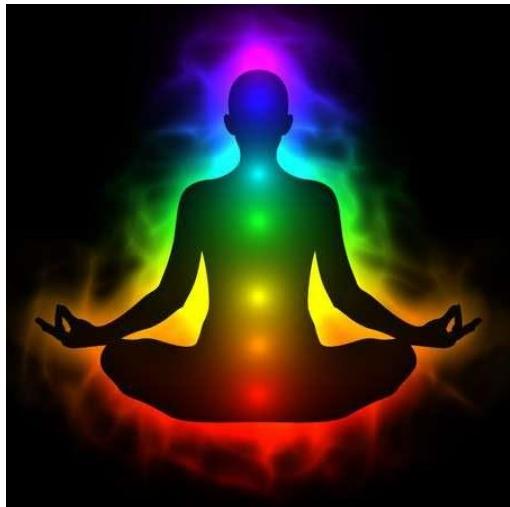
SNACKS	PROTEINS	CARBS	CALORIES	FATS

Loving ourselves despite our ADHD is like loving ourselves despite our quirks, but with extra steps.

ADHD can sometimes lead us to act in ways that are seen as quirky or unusual. However, it is important to remember that these quirks are a part of who we are, and they do not make us any less worthy of love and acceptance.

ADHD can sometimes be seen as a disorder, while in reality, it is simply a different way of thinking and processing information. Just like everyone else, people with ADHD have their own unique strengths and weaknesses. It is important to focus on our strengths and to embrace our quirks, rather than trying to change who we are.

Some people may have a history of traumatic experiences that have affected their sense of self. They may be actively working to heal from these experiences and to rebuild their lives. However, no matter what they have been through, they are still the authority on what is best for them. Only they can know what they need to do to navigate this world and to be their best selves.



Mindfulness practices offer movement and breathwork that allow for personal connection and exploration. The yogic limb of Yama, Brahmacharya, or non-excess, can be observed through the lens of mass consumption and addiction. Brahmacharya, which means non-excess or abstinence, is the fourth Yama. You can continue to observe and practice ahimsa (non-harm), satya (truth), and asteya (non-stealing), and reflect on the actions and reactions that result from the need for external stimulation.

Here are some of the key points of the statement:

- **Mindfulness practices offer movement and breathwork that allow for personal connection and exploration.** This is because they allow us to focus on the present moment and to become aware of our thoughts, feelings, and sensations.
- **The yogic limb of Yama, Brahmacharya, or non-excess, can be observed through the lens of mass consumption and addiction.** This is because Brahmacharya is about living a balanced and moderate life, and mass consumption and addiction are often seen as examples of living an excessive life.
- **Brahmacharya, which means non-excess or abstinence, is the fourth Yama.** The other Yamas are ahimsa (non-harm), satya (truth), and asteya (non-stealing).
- **You can continue to observe and practice ahimsa, satya, and asteya, and reflect on the actions and reactions that result from the need for external stimulation.** This can help you to become more aware of your own patterns of consumption and addiction, and to make healthier choices.

It is important to remember that mindfulness practices are not a quick fix for addiction or other problems. However, they can be a helpful tool for developing self-awareness and for making positive changes in your life.

Brahmacharya is often interpreted as non-excess in sexual activity, but it can also be applied to addiction and mass consumerism. When we engage in excessive behaviors, we may find that our personal connections, health, and well-being suffer. This is because we are putting the need for external stimulation above our own needs. When we compromise our personal truth to such a degree that we believe something outside of ourselves is essential for our survival, our actions and reactions become distorted. We are no longer being served by non-harm and personal truth, but by a toxic external force that is working to sever our mind-body-spirit connection.

Here are some of the key points of the statement:

- **Brahmacharya is often interpreted as non-excess in sexual activity.** However, it can also be applied to addiction and mass consumerism.
- **When we engage in excessive behaviors, we may find that our personal connections, health, and well-being suffer.** This is because we are putting the need for external stimulation above our own needs.
- **When we compromise our personal truth to such a degree that we believe something outside of ourselves is essential for our survival, our actions and reactions become distorted.** We are no longer being served by non-harm and personal truth, but by a toxic external force that is working to sever our mind-body-spirit connection.

It is important to remember that Brahmacharya is not about denying ourselves pleasure. It is about finding balance and moderation in our lives. When we are able to live a balanced and moderate life, we are more likely to experience true happiness and fulfillment.

Many societies experience greed, disproportionate wealth, and excess. This desire for more, for new, and for better consumes many individuals. We can see this mass consumption and mass purging everywhere we look. We so easily toss aside old things, even if they are only a few years old, and desire new ones. We have bought into the message of mass consumerism.

Here are some of the key points of the statement:

- **Many societies experience greed, disproportionate wealth, and excess.** This means that there is a small group of people who have a lot of money and resources, while the majority of people have very little.
- **This desire for more, for new, and for better consumes many individuals.** This means that people are constantly wanting more things, even if they do not need them.
- **We can see this mass consumption and mass purging everywhere we look.** This means that we are constantly surrounded by people who are buying new things and throwing away old things.
- **We so easily toss aside old things, even if they are only a few years old, and desire new ones.** This means that we do not value old things and we are always looking for the next new thing.
- **We have bought into the message of mass consumerism.** This means that we have been conditioned to believe that we need to buy new things in order to be happy and fulfilled.

It is important to remember that mass consumerism is not sustainable. It is not possible for everyone to keep consuming more and more things. Eventually, we will run out of resources.

We need to find a way to live more sustainably and to appreciate the things that we already have.

People who need mental health care, addiction support, rehabilitation, or reform are often pushed aside and ignored. We are all capable of experiencing mental health challenges, regardless of whether we have a neurodevelopmental disorder like ADHD. We all deserve support at a variety of levels, including emotional, financial, and practical. Instead of seeking help, we often fill ourselves with things, avoid human connection, and collective healing. As a result, we suffer, while corporations thrive.



<https://blanchethouse.org/5-levels-of-human-needs/>

Here are some of the key points of the statement:

- **People who need mental health care, addiction support, rehabilitation, or reform are often pushed aside and ignored.** This is because

mental health issues are often stigmatized and misunderstood.

- **We are all capable of experiencing mental health challenges, regardless of whether we have a neurodevelopmental disorder like ADHD.** Mental health challenges can affect anyone, regardless of their age, race, gender, or socioeconomic status.
- **We all deserve support at a variety of levels, including emotional, financial, and practical.** This means that we need access to quality mental health care, as well as financial and practical support to help us cope with our challenges.
- **Instead of seeking help, we often fill ourselves with things, avoid human connection, and collective healing.** This can be a way of coping with our challenges, but it is not a sustainable solution.
- **As a result, we suffer, while corporations thrive.** This is because corporations profit from our suffering. They sell us the things we use to cope, and they keep us isolated from each other so that we are less likely to challenge the status quo.

It is important to remember that we are not alone. There are many people who are struggling with mental health challenges, and there is help available. We need to reach out for help and support each other. We also need to challenge the systems that are in place that perpetuate suffering.

We can use our knowledge of the past to change the course of the future. This is especially important as corporations and their correctional partners are developing new forms of control, such as electronic monitoring and community surveillance, to profit from mass human control.

Here are some of the key points of the statement:

- **We can use our knowledge of the past to change the course of the future.** This means that we can learn from the mistakes of the past and avoid repeating them.

- It is important to be aware of the ways in which corporations and their correctional partners are trying to control us. This includes new forms of surveillance and control, such as electronic monitoring and community surveillance.
- We need to challenge these new forms of control and resist them. We need to stand up for our rights and demand that our privacy is respected.
- We need to work together to create a more just and equitable world. We need to build a world where everyone is free from oppression and control.

It is important to remember that we are not powerless. We can make a difference. We can change the course of the future.

Brahmacharya, the fourth Yama, offers us a perspective on excess. It warns against indulging in anything in our lives that becomes consuming and is therefore perceived as vital to our existence. Brahmacharya speaks to addiction.

Here are some of the key points of the statement:

- Brahmacharya is the fourth Yama, one of the five ethical restraints in yoga philosophy.
- It is often interpreted as non-excess in sexual activity, but it can also be applied to other areas of life, such as food, work, and relationships.
- Brahmacharya teaches us that it is important to find balance and moderation in all areas of our lives.
- When we indulge in anything to the point where it becomes consuming, it can take over our lives and become perceived as vital to our existence.
- This can lead to addiction, which is a condition in which a person cannot control their use of a substance or behavior, even though it is causing them harm.
- Brahmacharya teaches us that we need to be mindful of our indulgences and to be aware of when they are becoming harmful.
- We need to find ways to live our lives in moderation and balance, so that we can avoid addiction and live healthy, fulfilling lives.

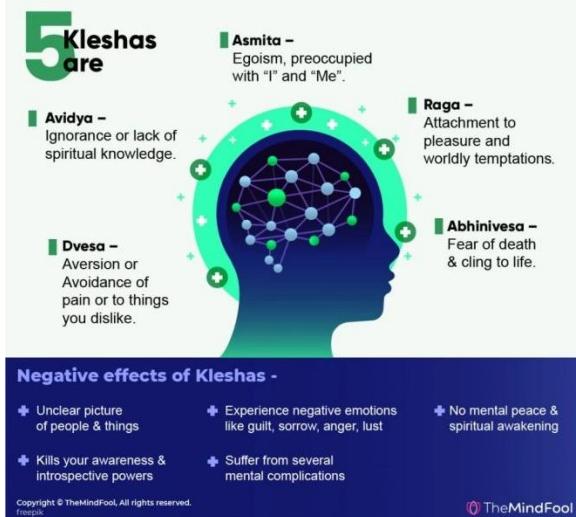
There are organizations to support those who have become so disconnect from themselves that their addictions consume their lives. [Alcoholics Anonymous](#), [Gamblers Anonymous](#), [Overeaters Anonymous](#), [Sex Addicts Anonymous](#), [Narcotics Anonymous](#), and one I use often is [Adult Children of Alcoholics](#). In all we should look deeper into what drew us to indulge in the first place. Mindfulness exercises can assist. Consumption of goods is an addiction.

Addiction and the Mind/Body connection

There is an established relationship between trauma and addiction. This makes sense, if you consider what the mind and body are attempting to do at time of trauma, survive. From the yogic perspective Brahmacharya warns of the excess of anything that becomes consuming to the mind and body connection. This Yama is essentially saying that if something external of yourself becomes a great need to your survival and consumes your thoughts, alters your perspectives, and causes harm to your wellbeing, then truly it does not serve you.

Considered the root causes of self-soothing or survival techniques. We must see at some point that our addictions cause us to overindulge thus causing ourselves guilt, shame and harm. All

Kleshas are the "mind poisons", obstacles that cloud your thoughts & intentions. It leads to false perceptions & negative emotions.



It is said that there are 108 afflictions of the human condition. This is why some traditions practice greeting the morning with 108 sun salutations. And why malas have 108 beads. Of all these, there are five that have the strongest hold over our ability to heal, connect, and act in our best interest and in service to others. Fear, attachment, ignorance, aversion, and ego, latch on and work their way in to distort our perceptions and prohibit our ability to connect our mind and body in our personal connection to spirit.

addictions can lead us to indulge to the point of excessive need. As we explore all the aspects of our life that may follow this similar pattern, we can begin to see the line between healthier moderation and additive harm.

Thousands of years ago humans were dealing with suffering. They understood that the Kleshas, the afflictions of the mind, disrupted the ability of the mind and body to function at their greatest capacity. Practicing the 8 Limbs of Yoga offers us to become aware of and ease these 4 afflictions to better guide an individual to direct their action and attention to inspiring change in themselves and for the benefits of others.



Here are some of the key points of the statement:

- **There are 108 afflictions of the human condition.** These afflictions are the obstacles that prevent us from living happy, healthy, and fulfilling lives.
- **Some traditions practice greeting the morning with 108 sun salutations.** This is because sun salutations are a form of yoga that helps to cleanse the body and mind of these afflictions.
- **Malas have 108 beads.** Malas are prayer beads that are used in many spiritual traditions. The 108 beads represent the 108 afflictions of the human condition.
- **There are five afflictions that have the strongest hold over our ability to heal, connect, and act in our best interest and in service to others.** These five afflictions are fear, attachment, ignorance, aversion, and ego.
- **These five afflictions latch on and work their way in to distort our perceptions.** They prevent us from seeing the world clearly and from connecting with our true selves.
- **These afflictions also prohibit our ability to connect our mind and body in our personal connection to spirit.** When we are caught up in these afflictions, it is difficult to experience the peace, joy, and love that are available to us when we are in touch with our spiritual selves.

It is important to remember that we are not alone in our struggles. Everyone experiences these afflictions to some degree. However, we can learn to manage them and to live happy, healthy, and fulfilling lives.

Individuals who have experienced trauma can have had some or all aspect of their personal power taken from them by the experience of this trauma. Some counter this by lashing out through violence or anger or withdrawing through depression or anxiety. Mindfulness techniques help you through yoga for physical strength by controlled, focused movement and breath. This connects your mindful awareness and builds your sense of self and power in a healthy and confident way.

Strength and mobility is offered for the mind as well as the body. In a trauma-informed yoga practice offers you the opportunity to heal. For some this growth happens almost as though on a seesaw lifting confidence of body perception, then easing pains in the mind. Similar to the roller coaster movement of sequencing mindfulness techniques, so as to strengthen the work towards your healing. You have permission to express self-love by embracing this opportunity.

Give yourself permission to pay attention to your unique needs and abilities. You can normalize the process of growth and healing and serve with compassion, empathy and ever-expanding knowledge.



Pre-Caution

While engaging in any **yoga activities**, always remember:

- Listen to your body. Don't push yourself too hard, and be sure to **modify poses as needed**.
- Use props to help you. Props can be a great way to **make poses more accessible** and to reduce the risk of injury.
- Take breaks. If you're feeling tired or sore, take a break from your practice.
- Don't be afraid to ask for help. If you're not sure how to modify a pose or if you have any concerns, ask your instructor for help.

Always listen to your body and modify poses as needed. Also review on our [website](#), our guidance on using Yoga for mental health purposes.

Yoga

4 Hatha Yoga asanas that can assist a person in self-love:

- **Child's pose (Balasana):** This pose is a gentle way to connect with your inner child and to let go of stress and tension. To do Child's pose, start on your hands and knees, then

slowly lower your hips down to your heels and rest your forehead on the ground. Breathe deeply and relax your body. [Gaia](#) Child's pose (Balasana) yoga asana

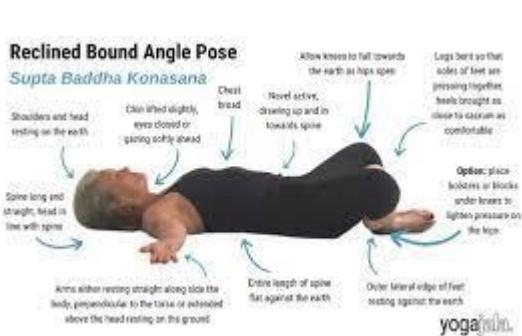


Modifications for child's pose (balasana)

Now, onto the video! Here are some modifications for child's pose (balasana) for those of us in larger bodies or folks that have trouble resting weight on their knees.

https://player.vimeo.com/video/203215047?dnt=1&app_id=122963&wmode=opaque

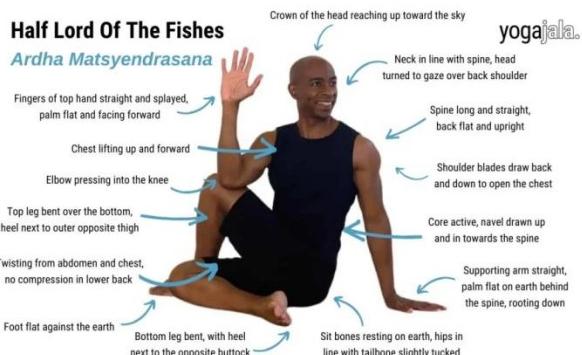
- **Reclining Bound Angle Pose (Supta Baddha Konasana):** This pose opens the hips and groin, which can help to release emotional blockages. To do Reclining Bound Angle Pose, lie on your back with your knees bent and your feet flat on the ground. Bring the soles of your feet together and clasp your hands around your shins. Gently draw your knees towards your chest and hold for a few breaths. [WorkoutLabs](#) Reclining Bound Angle Pose (Supta Baddha Konasana) yoga asana



Variation

- **Supported Fish Pose (Salamba Matsyendrasana):** This pose is a great way to stretch the spine and to open the chest. To do Supported Fish Pose, lie on your back with your knees bent and your feet flat on the ground. Place your hands behind your head and interlace your fingers. Gently lift your head and chest off the ground and gaze up towards the ceiling. [Opens in a new windowASMY](#) Supported Fish Pose (Salamba Matsyendrasana) yoga asana

Dharma Seeds Yoga Press



Variation

- **Bridge Pose (Setu Bandhasana):** This pose strengthens the back and stretches the hips. To do Bridge Pose, lie on your back with your knees bent and your feet flat on the ground. Place your hands behind your hips and press down into your feet. Slowly lift your hips off the ground until your body forms a straight line from your knees to your shoulders. [Digit Insurance](#) Bridge Pose (Setu Bandhasana) yoga asana



<https://www.nireltheyogini.com/resources/restorativeyogapose-bridgepose>

These are just a few examples of Hatha Yoga asanas that can assist a person in self-love. There are many other asanas that can be helpful, so it is important to find poses that work for you and that you enjoy.

Research

Here are 3 academic and scientific articles reflecting Mindfulness Self-Love improves the lives of ADHD persons:

1. **Mindfulness-based interventions for adults with attention deficit hyperactivity disorder: A systematic review and meta-analysis.** This article reviews the research on mindfulness-based interventions for adults with ADHD. The authors found that mindfulness-based interventions can improve symptoms of ADHD, such as inattention, hyperactivity, and impulsivity. They also found that mindfulness-based interventions

can improve quality of life and self-esteem in adults with ADHD. Link to the article:
<https://pubmed.ncbi.nlm.nih.gov/34146899/>

2. **Mindfulness-based self-compassion for adults with attention deficit hyperactivity disorder: A pilot study.** This article reports on a pilot study that investigated the effects of mindfulness-based self-compassion (MBSC) for adults with ADHD. The authors found that MBSC can improve symptoms of ADHD, such as inattention, hyperactivity, and impulsivity. They also found that MBSC can improve self-compassion and self-acceptance in adults with ADHD. Link to the article:
<https://pubmed.ncbi.nlm.nih.gov/28853328/>
3. **Mindfulness-based interventions for attention deficit hyperactivity disorder (ADHD): A systematic review and meta-analysis.** This article reviews the research on mindfulness-based interventions for ADHD in children and adolescents. The authors found that mindfulness-based interventions can improve symptoms of ADHD, such as inattention, hyperactivity, and impulsivity. They also found that mindfulness-based interventions can improve academic performance and social functioning in children and adolescents with ADHD. Link to the article:
<https://pubmed.ncbi.nlm.nih.gov/34146899/>

These are just a few examples of the research that has been done on mindfulness self-love and ADHD. More research is needed to fully understand the effects of mindfulness self-love on ADHD, but the existing research suggests that it can be a helpful intervention for improving the lives of people with ADHD.



OCTOBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

NOTES	TO DO

MONTH AT GLANCE

MONTH: _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○

NOTES

SYMPTOMS TRACKER

DATE

BREAKFAST	SYMPTOMS
SYMPTOMS SEVERITY 1 2 3 4 5 6 7 8 9 10	
LUNCH	SYMPTOMS
SYMPTOMS SEVERITY 1 2 3 4 5 6 7 8 9 10	
DINNER	SYMPTOMS
SYMPTOMS SEVERITY 1 2 3 4 5 6 7 8 9 10	
SNACK	SYMPTOMS
SYMPTOMS SEVERITY 1 2 3 4 5 6 7 8 9 10	



WEEKLY PLANNER

Weekly priorities

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Notes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Checklist

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Appointment

Reminder

MONDAY

DATE

WEATHER



SCHEDULE		TO-DO LIST	
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11AM		DAILY PRIORITIES	
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3AM		WATER BALANCE	
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TUESDAY

DATE

WEATHER



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DAILY PRIORITIES

WATER BALANCE

MOOD

A row of eight small water glass icons.

A row of five smiley face icons showing increasing levels of happiness.

WEDNESDAY

DATE

WEATHER ☀️ ☁️ ☔️ ☤️ ☦️ ☩ ☮️ ☪️ ☫

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DAILY PRIORITIES

WATER BALANCE



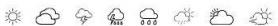
MOOD



THURSDAY

DATE

WEATHER



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DAILY PRIORITIES

WATER BALANCE

MOOD

FRIDAY

DATE



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SATURDAY

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WEATHER



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DAILY PRIORITIES

WATER BALANCE

MOOD

A row of eight small water glass icons.

A row of five smiley face icons ranging from sad to happy.

SUNDAY

DATE



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3AM		WATER BALANCE	
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5AM		MOOD	    
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APPOINTMENTS

PLACE	DATE
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APPOINTMENT PURPOSE	
QUESTIONS TO ASK	
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DOCTOR NOTES	
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AFTER APPOINTMENT TO-DO LIST	
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MEDICATION TRACKER

NAME: _____ WEEK: _____

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GROCERY LIST

The image displays a 2x4 grid of eight identical lined pages. Each page has a light blue header bar at the top. Below the header, there are five horizontal dashed lines for writing. On the far left edge of each page, there is a vertical column of five small, empty circles, likely for marking or tracking. The pages are white with black dashed lines.

MEAL PLANNER

	BREAKFAST	LUNCH	DINNER	SNACKS &
MON				WATER <input type="checkbox"/> <input type="checkbox"/>
TUE				WATER <input type="checkbox"/> <input type="checkbox"/>
WED				WATER <input type="checkbox"/> <input type="checkbox"/>
THU				WATER <input type="checkbox"/> <input type="checkbox"/>
FRI				WATER <input type="checkbox"/> <input type="checkbox"/>
SAT				WATER <input type="checkbox"/> <input type="checkbox"/>
SUN				WATER <input type="checkbox"/> <input type="checkbox"/>

MEAL PLANNER

M T W T F S S

BREAKFAST		LUNCH		SNACK		DINNER	
MENU		MENU		MENU		MENU	
CALORIES	PROTEIN	CARBS	FAT	CALORIES	PROTEIN	CARBS	FAT
TIME				TIME			
TIME				TIME			
TIME		TIME		TIME		TIME	

CALORIE TRACKER

DAY

BREAKFAST	PROTEINS	CARBS	CALORIES	FATS

LUNCH	PROTEINS	CARBS	CALORIES	FATS

DINNER	PROTEINS	CARBS	CALORIES	FATS

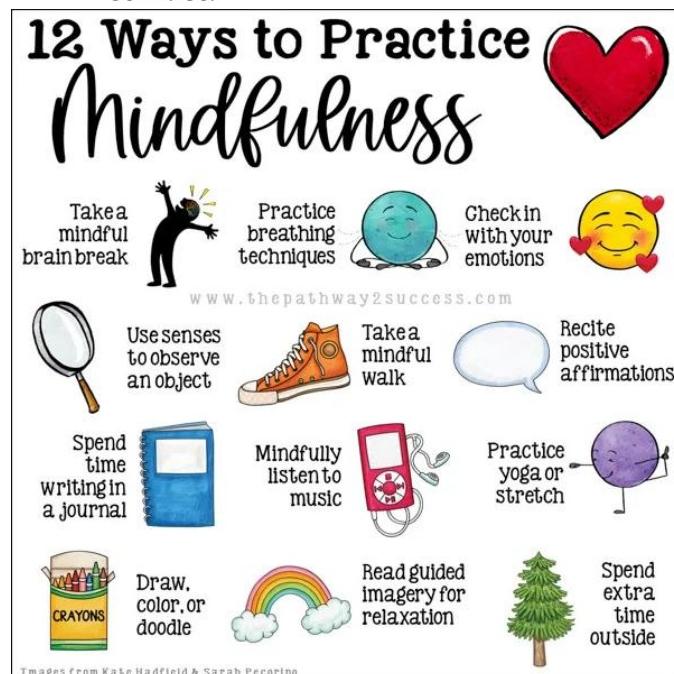
SNACKS	PROTEINS	CARBS	CALORIES	FATS

How mindfulness can help improve relationships and social functioning in people with ADHD

Attention deficit hyperactivity disorder (ADHD) is a neurodevelopmental disorder that affects millions of people worldwide. People with ADHD often have difficulty paying attention, controlling their impulses, and staying organized. These challenges can make it difficult to maintain relationships and function socially.

Mindfulness is a practice that involves paying attention to the present moment without judgment. It can be helpful for people with ADHD in a number of ways, including:

- **Improving focus and attention:** Mindfulness can help people with ADHD to focus on the present moment and to resist distractions. This can be helpful in social situations, where it can be easy to get caught up in our thoughts and feelings and to forget about the people around us.
- **Managing impulsive behavior:** Mindfulness can help people with ADHD to become more aware of their impulses and to make more mindful choices. This can be helpful in social situations, where it can be easy to say or do things without thinking.
- **Improving self-regulation:** Mindfulness can help people with ADHD to develop better self-regulation skills. This can be helpful in social situations, where it can be difficult to control our emotions and to stay calm under pressure.
- **Improving communication skills:** Mindfulness can help people with ADHD to improve their communication skills. This can be helpful in social situations, where it can be difficult to listen to others, to express our thoughts and feelings clearly, and to resolve conflict.



- **Building relationships:** Mindfulness can help people with ADHD to build better relationships. This can be helpful in social situations, where it can be difficult to connect with others and to build trust.

There are a number of different ways to practice mindfulness. Some common practices include:

- **Meditation:** Meditation is a great way to cultivate mindfulness and awareness of our thoughts, emotions, and bodies. There are many different types of meditation, so you can find one that works for you.
- **Yoga:** Yoga is another great way to practice mindfulness. Asana (physical postures) can help us to develop

discipline and control over our bodies. Pranayama (breathing exercises) can help us to calm our minds and cultivate focus. And meditation can be incorporated into yoga practice as well.

- **Mindful movement:** Mindful movement is any activity that we can do mindfully, such as walking, running, or dancing. When we move mindfully, we pay attention to our bodies and our surroundings. We can also focus on our breath or on a mantra.
- **Mindful eating:** Mindful eating is the practice of eating slowly and deliberately, paying attention to the taste, texture, and smell of our food. We can also focus on our breath or on a mantra.
- **Mindful listening:** Mindful listening is the practice of listening to others without judgment or distraction. We can focus on the other person's words, their body language, and their tone of voice.
- **Mindful journaling:** Mindful journaling is the practice of writing about our thoughts, feelings, and experiences in a mindful way. We can focus on our breath or on a mantra as we write.

Mindfulness is a skill that takes time and practice to develop. However, the benefits of mindfulness can be significant for people with ADHD. If you are interested in learning more about mindfulness, there are many resources available online and in libraries. You can also talk to your doctor or a therapist about mindfulness and how it might be helpful for you.

Why personal relationships are so hard for those with ADHD:

Attention deficit hyperactivity disorder (ADHD) is a neurodevelopmental disorder that affects millions of people worldwide. People with ADHD often have difficulty paying attention, controlling their impulses, and staying organized. These challenges can make it difficult to maintain personal relationships.

Here are some of the reasons why personal relationships can be so hard for people with ADHD:

- **Difficulty paying attention:** People with ADHD often have difficulty paying attention to others. They may get easily distracted or bored, and they may have trouble following conversations. This can make it difficult to connect with others on a personal level.
- **Impulsive behavior:** People with ADHD often act on impulse, without thinking about the consequences of their actions. This can lead to them saying or doing things that offend or hurt others. It can also make it difficult to build trust and respect in relationships.
- **Trouble organizing:** People with ADHD often have trouble organizing their thoughts and belongings. This can make it difficult to keep track of appointments, remember important dates, and follow through on commitments. This can lead to feeling overwhelmed and stressed, which can take a toll on relationships.
- **Emotional dysregulation:** People with ADHD often struggle with emotional dysregulation. This means that they may have difficulty managing their emotions, such as anger, frustration, and sadness. This can lead to them lashing out at others or withdrawing from social situations.
- **Rejection sensitivity:** People with ADHD are often highly sensitive to rejection. This means that they may take even minor criticism or social cues personally. This can make them avoid social situations or withdraw from relationships altogether.

Despite these challenges, it is possible for people with ADHD to have healthy and fulfilling personal relationships. There are a number of things that people with ADHD can do to improve their relationships, such as:

- **Communicating openly and honestly with others about their ADHD:** This can help others to understand the challenges that they face and to be more patient and understanding.
- **Learning to manage their impulsive behavior:** This can be done through therapy, medication, or lifestyle changes.
- **Learning to organize their thoughts and belongings:** This can be done through using planners, calendars, and other organizational tools.
- **Learning to manage their emotions:** This can be done through therapy, medication, or relaxation techniques.
- **Challenging negative thoughts and beliefs about themselves:** People with ADHD often have negative thoughts and beliefs about themselves, such as "I'm not good enough" or "I'm a burden to others." Challenging these thoughts can help to improve self-esteem and confidence.
- **Seeking support from others:** There are many people who can offer support to people with ADHD, such as family, friends, therapists, and support groups.

Building and maintaining healthy personal relationships takes time and effort, but it is possible for people with ADHD to have fulfilling and rewarding relationships.

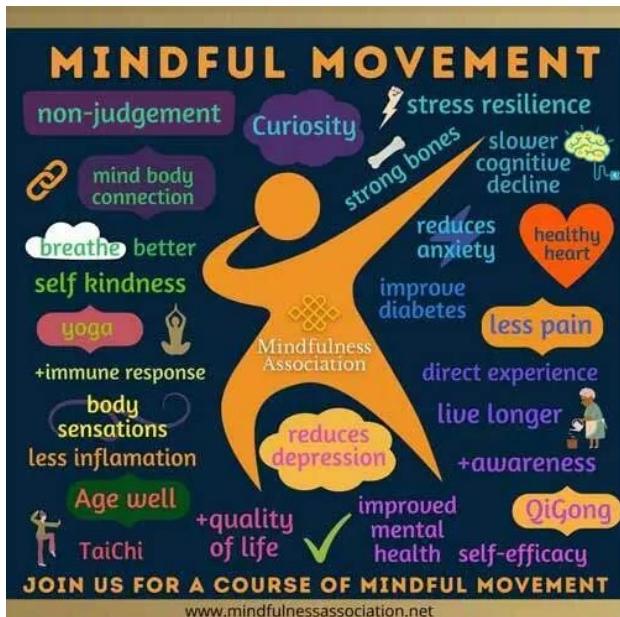
Expanding on Mindful Movement

Mindful movement: Mindful movement is any activity that we can do mindfully, such as walking, running, or dancing. When we move mindfully, we pay attention to our bodies and our surroundings. We can also focus on our breath or on a mantra.

Thirty years ago, I began my meditation/mindfulness/yoga journey. I learned that when my routine becomes stressful to complete, it is time to take a break. No one ever gave me this option when I was being mentored. However, when I brought it up, they agreed that it is part of the process that everyone goes through. Therefore, in the beginning, I want to give you permission to break.

I have found that I can live up to the ethical practice of mindfulness by simply being aware of what I am doing. For example, instead of mindlessly gaming, I can game in a more mindful and conscious way. I can do the same with writing, playing music, and other activities. After all, our goal in mindfulness is to be so aware of the present moment that we have no wandering thoughts of the past or future. We are simply present in the moment. That is mindful movement.

Some great small videos of Mindful Moments videos can be found here:
<https://www.youtube.com/@TheMindfulMovement/videos>



<https://www.themindfulmovement.com/>

Why ADHD persons find it hard to engage with mindfulness listening:

Attention deficit hyperactivity disorder (ADHD) is a neurodevelopmental disorder that affects millions of people worldwide. People with ADHD often have difficulty paying attention, controlling their impulses, and staying organized. These challenges can make it difficult to engage in mindfulness listening, which is a type of meditation that involves paying attention to the present moment and listening without judgment.

There are a number of reasons why people with ADHD may find it hard to engage in

mindfulness listening. Some of these reasons include:

- **Difficulty paying attention:** People with ADHD often have difficulty paying attention to anything for very long, including the present moment. This can make it difficult to focus on the sound of the person speaking and to avoid getting distracted by other thoughts or noises.
- **Impulsive behavior:** People with ADHD often act on impulse, without thinking about the consequences of their actions. This can lead to them interrupting the person speaking, finishing their sentences, or changing the topic of conversation.
- **Trouble staying organized:** People with ADHD often have trouble staying organized, both mentally and physically. This can make it difficult to follow the flow of a conversation and to remember what the person has said.
- **Emotional dysregulation:** People with ADHD often struggle with emotional dysregulation, which means that they may have difficulty managing their emotions, such as anger, frustration, and sadness. This can lead to them becoming easily overwhelmed or upset during a mindfulness listening session.
- **Rejection sensitivity:** People with ADHD are often highly sensitive to rejection. This means that they may take even minor criticism or social cues personally. This can make them avoid mindfulness listening sessions altogether or to withdraw from them if they feel judged or criticized.

Despite these challenges, it is possible for people with ADHD to learn to engage in mindfulness listening. There are a number of things that people with ADHD can do to make mindfulness listening more manageable, such as:

- **Start with short sessions:** If you have ADHD, it is important to start with short mindfulness listening sessions. This will help you to avoid getting overwhelmed and to build up your attention span over time.
- **Find a quiet place:** Find a quiet place where you will not be disturbed during your mindfulness listening sessions. This will help you to focus on the sound of the person speaking and to avoid getting distracted by other noises.

- **Use a timer:** Use a timer to set a limit on the length of your mindfulness listening sessions. This will help you to stay focused and to avoid getting sidetracked.
- **Focus on your breath:** If you find yourself getting distracted during your mindfulness listening sessions, focus on your breath. This will help you to come back to the present moment and to avoid getting caught up in your thoughts.
- **Be patient with yourself:** It takes time and practice to learn to engage in mindfulness listening. Be patient with yourself and don't get discouraged if you don't see results immediately.

USE YOUR EARS TO BE PRESENT.

Close your eyes and listen carefully. Focus on the sounds that let you hear where you are.



Mindfulness listening can be a helpful tool for people with ADHD. It can help them to improve their attention span, to manage their emotions, and to build relationships. If you have ADHD and are interested in learning more about mindfulness listening, there are many resources available online and in libraries. You can also talk to your doctor or a therapist about mindfulness listening and how it might be helpful for you.

Here are 10 affirmations for mindfulness listening for those who identify as ADHD:

1. I am capable of paying attention to the present moment.
2. I am allowed to make mistakes.
3. I am not alone in this.
4. I am worthy of listening to.
5. I am worthy of being listened to.
6. I am worthy of being heard.
7. I am worthy of being understood.
8. I am worthy of being respected.
9. I am worthy of being loved.
10. I am worthy of being happy.

These affirmations can be helpful for people with ADHD to remember that they are not alone in their challenges and that they are worthy of being heard and understood. Practicing mindfulness listening can help people with ADHD to improve their attention span, to manage their emotions, and to build relationships.

Here are some additional tips for mindfulness listening for people with ADHD:

- **Start with short sessions:** If you have ADHD, it is important to start with short mindfulness listening sessions. This will help you to avoid getting overwhelmed and to build up your attention span over time.
- **Find a quiet place:** Find a quiet place where you will not be disturbed during your mindfulness listening sessions. This will help you to focus on the sound of the person speaking and to avoid getting distracted by other noises.
- **Use a timer:** Use a timer to set a limit on the length of your mindfulness listening sessions. This will help you to stay focused and to avoid getting sidetracked.

- **Focus on your breath:** If you find yourself getting distracted during your mindfulness listening sessions, focus on your breath. This will help you to come back to the present moment and to avoid getting caught up in your thoughts.
- **Be patient with yourself:** It takes time and practice to learn to engage in mindfulness listening. Be patient with yourself and don't get discouraged if you don't see results immediately.
- **Find a supportive community:** There are many online and in-person communities that can provide support for people with ADHD who are interested in mindfulness listening. These communities can offer encouragement, advice, and tips on how to practice mindfulness listening effectively.



NOVEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

NOTES	TO DO

MONTH AT GLANCE

MONTH: _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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NOTES

SYMPTOMS TRACKER

DATE

BREAKFAST	SYMPTOMS										
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DINNER	SYMPTOMS										
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SNACK	SYMPTOMS										
SYMPTOMS SEVERITY	<table border="1"><tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr></table>	1	2	3	4	5	6	7	8	9	10
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WEEKLY PLANNER

Weekly priorities

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Notes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Checklist

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Appointment

Reminder

MONDAY

DATE

WEATHER



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TUESDAY

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WEATHER



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WEDNESDAY

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DAILY PRIORITIES

WATER BALANCE



MOOD



THURSDAY

DATE

WEATHER



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DAILY PRIORITIES

WATER BALANCE

MOOD

Eight small icons of glasses filled with water.

Five small circular icons showing faces from sad to happy.

FRIDAY

DATE



SCHEDULE		TO-DO LIST	
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8AM			<input type="checkbox"/>
9AM			<input type="checkbox"/>
10AM			<input type="checkbox"/>
11AM		DAILY PRIORITIES	
12AM			<input type="checkbox"/>
1AM			<input type="checkbox"/>
2AM			<input type="checkbox"/>
3AM		WATER BALANCE	
4AM			      
5AM		MOOD	    
6AM			
7AM			
8AM			
9AM			
10AM			
11AM			

SATURDAY

DATE

WEATHER

SCHEDULE		TO-DO LIST							
6AM			<input type="checkbox"/>						
7AM			<input type="checkbox"/>						
8AM			<input type="checkbox"/>						
9AM			<input type="checkbox"/>						
10AM			<input type="checkbox"/>						
11AM		DAILY PRIORITIES							
12AM			<input type="checkbox"/>						
1AM			<input type="checkbox"/>						
2AM			<input type="checkbox"/>						
3AM		WATER BALANCE							
4AM									
5AM		MOOD							
6AM									
7AM									
8AM									
9AM									
10AM									
11AM									

SUNDAY

DATE



SCHEDULE		TO-DO LIST						
6AM			<input type="checkbox"/>					
7AM			<input type="checkbox"/>					
8AM			<input type="checkbox"/>					
9AM			<input type="checkbox"/>					
10AM			<input type="checkbox"/>					
11AM		DAILY PRIORITIES						
12AM			<input type="checkbox"/>					
1AM			<input type="checkbox"/>					
2AM			<input type="checkbox"/>					
3AM		WATER BALANCE						
4AM								
5AM		MOOD						
6AM								
7AM								
8AM								
9AM								
10AM								
11AM								

APPOINTMENTS

PLACE	DATE
DOCTOR	
APPOINTMENT PURPOSE	
QUESTIONS TO ASK	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
DOCTOR NOTES	
<input type="checkbox"/>	
AFTER APPOINTMENT TO-DO LIST	
<input type="checkbox"/>	

MEDICATION TRACKER

NAME: _____ WEEK: _____

#	MEDICATION / SUPPLEMENT	M	T	W	T	F	S	S
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
13								
14								
15								
16								
17								
18								
19								
20								

GROCERY LIST

The image displays a 4x2 grid of eight notepad pages. Each page features a light blue border and a white rectangular box at the top for writing a title or date. The main body of each page contains five horizontal lines for notes, with the first line being a solid top line and the subsequent four being dashed midlines. On the far left edge of each page, there is a vertical column of five small, empty circles, likely for marking completed tasks.

MEAL PLANNER

	BREAKFAST	LUNCH	DINNER	SNACKS &
MON				WATER <input type="checkbox"/> <input type="checkbox"/>
TUE				WATER <input type="checkbox"/> <input type="checkbox"/>
WED				WATER <input type="checkbox"/> <input type="checkbox"/>
THU				WATER <input type="checkbox"/> <input type="checkbox"/>
FRI				WATER <input type="checkbox"/> <input type="checkbox"/>
SAT				WATER <input type="checkbox"/> <input type="checkbox"/>
SUN				WATER <input type="checkbox"/> <input type="checkbox"/>

MEAL PLANNER

M T W T F S S

BREAKFAST		LUNCH		SNACK		DINNER	
MENU		MENU		MENU		MENU	
CALORIES	PROTEIN	CARBS	FAT	CALORIES	PROTEIN	CARBS	FAT
TIME				TIME			
TIME				TIME			
TIME		TIME		TIME		TIME	

CALORIE TRACKER

DAY

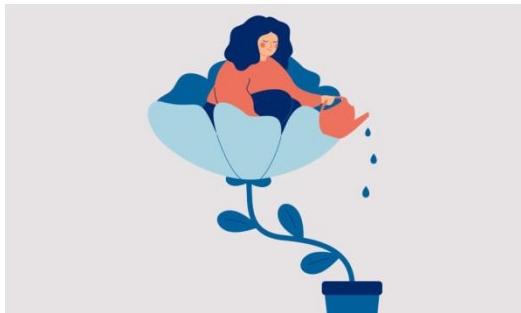
BREAKFAST	PROTEINS	CARBS	CALORIES	FATS

LUNCH	PROTEINS	CARBS	CALORIES	FATS

DINNER	PROTEINS	CARBS	CALORIES	FATS

SNACKS	PROTEINS	CARBS	CALORIES	FATS

ADHD persons may find it hard to celebrate their accomplishments because they often have difficulty paying attention to the present moment and focusing on their successes.



My dear sister often reminds me of my accomplishments in a gentle way. This is especially important before, during, and after a PTSD triggering spiral, when I am prone to self-deprecating. I need to focus on her mindful reminders and allow myself to accept the truth that I have accomplished great things. This can be difficult for me because I am neurodivergent.

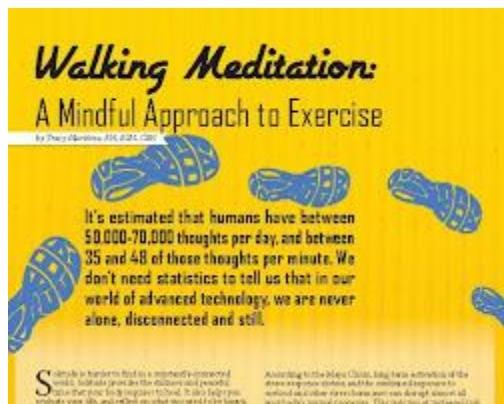
It is easy to forget how far we have come on our mindfulness journey. We started by internalizing our thoughts and questioning our intentions. We have gained insight into our ADHD life and may have found some tools to help us stay balanced. This is an accomplishment for anyone, neurodivergent or not.

Here are some mindfulness exercises that can help ADHD persons stay engaged with mindfulness practices:

- **Body scan:** This is a simple mindfulness exercise where you focus your attention on different parts of your body, starting from your toes and working your way up to your head. You can do this while sitting or lying down, and you can use your breath as a guide. When you notice your mind wandering, gently bring it back to the present moment and focus on the sensation of your breath or the feeling of your body. [Your Therapy Source](#) Body scan mindfulness exercise



- **Walking meditation:** This is a mindfulness exercise where you focus your attention on the sensations of walking. You can do this indoors or outdoors, and you can walk at whatever pace feels comfortable for you. When you notice your mind wandering, gently bring it back to the present moment and focus on the feeling of your feet touching the ground or the sound of your footsteps. [Obesity Action Coalition](#) Walking meditation mindfulness exercise



- **Mindful eating:** This is a mindfulness exercise where you focus your attention on the act of eating. You can do this with any food, but it can be helpful to choose something that you enjoy. When you eat mindfully, you pay attention to the taste, texture, and smell of your food. You also pay attention to how your body feels as you eat. [Tackling Adolescent Obesity Mindful eating mindfulness exercise](#)



- **Mindful listening:** This is a mindfulness exercise where you focus your attention on the sound of someone speaking. You can do this with anyone, but it can be helpful to choose someone who you feel comfortable with. When you listen mindfully, you pay attention to the tone of the person's voice, the words they are saying, and the emotions they are expressing. [Twinkl Mindful listening mindfulness exercise](#)

Mindful Listening	
<p>It's easy to pay attention to things around us that help us to feel happy, calm and relaxed, but there is a world of sound and noise all around us and we are, very often, not aware of the sounds that are all around us. For example, if you are sitting in a park, you might hear birds sing, or leaves rustle in the wind, or a squirrel scamper across a branch. If you are in a room, you might hear the hum of the air conditioner, or the sound of a television, or the sound of a computer keyboard. All of these sounds are part of our environment and we can pay attention to them if we want to.</p>	
 Can you hear the engine? What does it sound?	 Can you hear birds sing? How does it sound?
 Can you hear the kettle boil? How does it sound?	 Can you hear the person breathing? How does it sound?
 Can you hear the key turn in the lock? How does it sound?	 Can you hear the door close? How does it sound?

Mindful Listen

Taking time to pay attention to things around us can help us to feel happy, calm and relaxed.

We may not always notice it, but there is a world of sounds all around us. Whether we are, we can stop and become aware of the sounds that are all around us. Sounds can be loud or quiet, soft or harsh, pleasant or unpleasant. We can just listen to them all mindfully.

Listen out for the sounds listed below and see if you can hear them sound.

 Can you hear the aeroplane? How does it sound?

Can you hear the aeroplane?

How does it sound?

 Can you hear birds sing? How does it sound?

Can you hear birds sing?

How does it sound?

 Can you hear the kettle boil? How does it sound?

Can you hear the kettle boil?

How does it sound?

 Can you hear the person breathing? How does it sound?

Can you hear the person breathing?

How does it sound?

 Can you hear the door close? How does it sound?

Can you hear the door close?

How does it sound?

286

- **Mindful movement:** This is a mindfulness exercise where you focus your attention on the sensations of movement. You can do this with any type of movement, such as yoga, tai chi, or dancing. When you move mindfully, you pay attention to the feeling of your body moving through space. You also pay attention to your breath and your thoughts. [Mindful.org Mindful movement mindfulness exercise](https://www.mindful.org/mindful-movement-mindfulness-exercise/)



These are just a few examples of mindfulness exercises that can help ADHD persons stay engaged with mindfulness practices. It is important to find an exercise that you enjoy and that fits your lifestyle. You can also experiment with different exercises to see what works best for you.

It is also important to be patient with yourself. Mindfulness takes time and practice to develop. Don't get discouraged if you don't get it right away. Just keep practicing, and you will eventually find that you are able to stay more engaged in mindfulness practices.

how ADHD persons can stay focused with mindfulness:

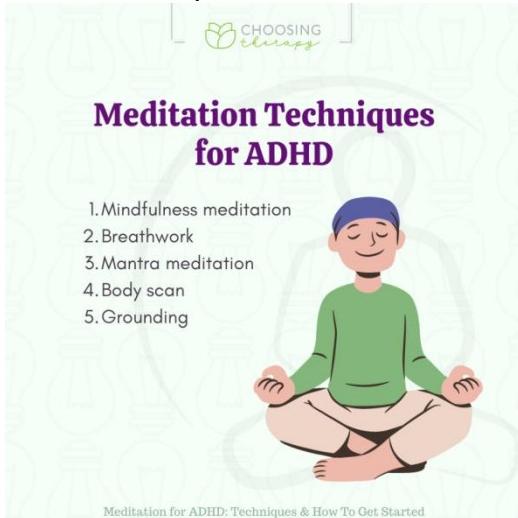
Attention deficit hyperactivity disorder (ADHD) is a neurodevelopmental disorder that affects millions of people worldwide. People with ADHD often have difficulty paying attention, controlling their impulses, and staying organized. These challenges can make it difficult to stay focused, both in everyday life and in mindfulness practices.

However, mindfulness can be a helpful tool for people with ADHD to improve their focus and attention. Mindfulness is the practice of paying attention to the present moment without judgment. It can be done through a variety of exercises, such as meditation, yoga, and mindful movement.

There are a number of ways that ADHD persons can stay focused with mindfulness. Here are a few tips:

- **Start small.** If you have ADHD, it is important to start with short mindfulness practices. This will help you to avoid getting overwhelmed and to build up your focus over time. You can start with just a few minutes each day and gradually increase the duration of your practice as you become more comfortable.
- **Find a quiet place.** When you are practicing mindfulness, it is important to find a quiet place where you will not be disturbed. This will help you to focus on the present moment and to avoid getting distracted by noise or other stimuli.

- **Use a timer.** If you find it difficult to stay focused during your mindfulness practices, you can use a timer to set a limit on the duration of your practice. This will help you to avoid getting sidetracked and to stay on track.
- **Focus on your breath.** One of the simplest ways to practice mindfulness is to focus on your breath. When you notice your mind wandering, gently bring your attention back to your breath. You can do this by paying attention to the sensation of your breath as it enters and leaves your body.
- **Find a mindful activity.** If you find it difficult to sit still during mindfulness practices, you can try finding a mindful activity that you enjoy. This could be something like walking, gardening, or listening to music. When you are doing a mindful activity, focus on the present moment and on the sensations that you are experiencing.



- **Be patient with yourself.** It takes time and practice to develop mindfulness. Don't get discouraged if you don't get it right away. Just keep practicing, and you will eventually find that you are able to stay more focused during your mindfulness practices.

Here are some additional tips for ADHD persons who are interested in mindfulness:

- **Find a supportive community.** There are many online and in-person communities that can provide support for people with ADHD who are interested in mindfulness. These communities can offer encouragement, advice, and tips on how to practice mindfulness effectively.

- **Talk to your doctor or therapist.** If you have ADHD, you may want to talk to your doctor or therapist about mindfulness. They can help you to develop a mindfulness practice that is right for you and can provide support as you learn to incorporate mindfulness into your life.
- **Be kind to yourself.** Mindfulness is a journey, not a destination. There will be ups and downs along the way. Be kind to yourself when you make mistakes or when you don't feel like practicing mindfulness. Just keep practicing, and you will eventually find that mindfulness becomes a more natural part of your life.



Mindfulness is a powerful tool that can help people with ADHD to improve their focus, attention, and overall well-being. If you have ADHD and are interested in learning more about mindfulness, there are many resources available to help you get started.

long term benefits of practicing mindfulness for ADHD persons:

Attention deficit hyperactivity disorder (ADHD) is a neurodevelopmental disorder that affects millions of people worldwide. People with ADHD often have difficulty paying attention, controlling their impulses, and staying organized. These challenges can make it difficult to function in everyday life, both personally and professionally.

However, there is growing evidence that mindfulness can be a helpful tool for people with ADHD to improve their long-term well-being. Mindfulness is the practice of paying attention to the present moment without judgment. It can be done through a variety of exercises, such as meditation, yoga, and mindful movement.

When practiced regularly, mindfulness can help people with ADHD to:

- **Improve their focus and attention:** Mindfulness can help people with ADHD to train their minds to focus on the present moment and to avoid getting distracted by their thoughts and feelings. This can lead to improved performance in school and work, as well as in other areas of life.
- **Reduce impulsive behavior:** Mindfulness can help people with ADHD to become more aware of their thoughts and feelings before they act on them. This can lead to reduced impulsive behavior, such as interrupting others, talking too much, or making rash decisions.
- **Improve emotional regulation:** Mindfulness can help people with ADHD to become more aware of their emotions and to develop healthy coping mechanisms for dealing with them. This can lead to reduced emotional volatility, such as anger outbursts, anxiety, and depression.
- **Improve self-regulation:** Mindfulness can help people with ADHD to develop a greater sense of self-awareness and self-control. This can lead to improved decision-making, time management, and organizational skills.
- **Increase self-compassion:** Mindfulness can help people with ADHD to develop a more compassionate and understanding attitude towards themselves. This can lead to reduced self-criticism and increased self-acceptance.
- **Improve relationships:** Mindfulness can help people with ADHD to become more mindful of their communication style and to develop more effective communication skills. This can lead to improved relationships with family, friends, and colleagues.

The long-term benefits of practicing mindfulness for people with ADHD are vast and far-reaching. By regularly practicing mindfulness, people with ADHD can improve their focus, attention, emotional regulation, self-regulation, self-compassion, and relationships. This can lead to a more fulfilling and satisfying life overall.

If you are interested in learning more about mindfulness and how it can help you with ADHD, there are many resources available online and in libraries. You can also talk to your doctor or therapist about mindfulness and how it might be helpful for you.

DECEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

NOTES	TO DO

SYMPTOMS TRACKER

DATE

BREAKFAST	SYMPTOMS										
SYMPTOMS SEVERITY	<table border="1"><tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr></table>	1	2	3	4	5	6	7	8	9	10
1	2	3	4	5	6	7	8	9	10		
LUNCH	SYMPTOMS										
SYMPTOMS SEVERITY	<table border="1"><tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr></table>	1	2	3	4	5	6	7	8	9	10
1	2	3	4	5	6	7	8	9	10		
DINNER	SYMPTOMS										
SYMPTOMS SEVERITY	<table border="1"><tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr></table>	1	2	3	4	5	6	7	8	9	10
1	2	3	4	5	6	7	8	9	10		
SNACK	SYMPTOMS										
SYMPTOMS SEVERITY	<table border="1"><tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr></table>	1	2	3	4	5	6	7	8	9	10
1	2	3	4	5	6	7	8	9	10		



MONTH AT GLANCE

MONTH: _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○

NOTES

WEEKLY PLANNER

Weekly priorities

-
-
-
-
-

Notes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Checklist

-
-
-
-
-
-
-
-
-
-

Appointment

Reminder

MONDAY

DATE



SCHEDULE		TO-DO LIST							
6AM			<input type="checkbox"/>						
7AM			<input type="checkbox"/>						
8AM			<input type="checkbox"/>						
9AM			<input type="checkbox"/>						
10AM			<input type="checkbox"/>						
11AM		DAILY PRIORITIES							
12AM			<input type="checkbox"/>						
1AM			<input type="checkbox"/>						
2AM			<input type="checkbox"/>						
3AM		WATER BALANCE							
4AM									
5AM		MOOD							
6AM									
7AM									
8AM									
9AM									
10AM									
11AM									

TUESDAY

DATE

WEATHER



SCHEDULE		TO-DO LIST	
6AM			<input type="checkbox"/>
7AM			<input type="checkbox"/>
8AM			<input type="checkbox"/>
9AM			<input type="checkbox"/>
10AM			<input type="checkbox"/>
11AM		DAILY PRIORITIES	
12AM			<input type="checkbox"/>
1AM			<input type="checkbox"/>
2AM			<input type="checkbox"/>
3AM		WATER BALANCE	
4AM			      
5AM		MOOD	    
6AM			
7AM			
8AM			
9AM			
10AM			
11AM			

WEDNESDAY

DATE

WEATHER ☀️ ☁️ ☔️ ☤️ ☦️ ☩ ☮️ ☪️ ☫

SCHEDULE		TO-DO LIST	
6AM			<input type="checkbox"/>
7AM			<input type="checkbox"/>
8AM			<input type="checkbox"/>
9AM			<input type="checkbox"/>
10AM			<input type="checkbox"/>
11AM			
12AM			<input type="checkbox"/>
1AM			<input type="checkbox"/>
2AM			<input type="checkbox"/>
3AM			
4AM			
5AM			
6AM			
7AM			
8AM			
9AM			
10AM			
11AM			

DAILY PRIORITIES

WATER BALANCE



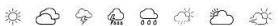
MOOD



THURSDAY

DATE

WEATHER



SCHEDULE		TO-DO LIST	
6AM			<input type="checkbox"/>
7AM			<input type="checkbox"/>
8AM			<input type="checkbox"/>
9AM			<input type="checkbox"/>
10AM			<input type="checkbox"/>
11AM			<input type="checkbox"/>
12AM			<input type="checkbox"/>
1AM			<input type="checkbox"/>
2AM			<input type="checkbox"/>
3AM			<input type="checkbox"/>
4AM			<input type="checkbox"/>
5AM			<input type="checkbox"/>
6AM			<input type="checkbox"/>
7AM			<input type="checkbox"/>
8AM			<input type="checkbox"/>
9AM			<input type="checkbox"/>
10AM			<input type="checkbox"/>
11AM			<input type="checkbox"/>

DAILY PRIORITIES

WATER BALANCE

MOOD

Eight small icons of glasses filled with water.

Five small circular icons showing faces from sad to happy.

FRIDAY

DATE



SCHEDULE		TO-DO LIST							
6AM			<input type="checkbox"/>						
7AM			<input type="checkbox"/>						
8AM			<input type="checkbox"/>						
9AM			<input type="checkbox"/>						
10AM			<input type="checkbox"/>						
11AM		DAILY PRIORITIES							
12AM			<input type="checkbox"/>						
1AM			<input type="checkbox"/>						
2AM			<input type="checkbox"/>						
3AM		WATER BALANCE							
4AM									
5AM		MOOD							
6AM									
7AM									
8AM									
9AM									
10AM									
11AM									

SATURDAY

DATE

WEATHER



SCHEDULE		TO-DO LIST	
6AM			<input type="checkbox"/>
7AM			<input type="checkbox"/>
8AM			<input type="checkbox"/>
9AM			<input type="checkbox"/>
10AM			<input type="checkbox"/>
11AM			<input type="checkbox"/>
12AM			<input type="checkbox"/>
1AM			<input type="checkbox"/>
2AM			<input type="checkbox"/>
3AM			<input type="checkbox"/>
4AM			<input type="checkbox"/>
5AM			<input type="checkbox"/>
6AM			<input type="checkbox"/>
7AM			<input type="checkbox"/>
8AM			<input type="checkbox"/>
9AM			<input type="checkbox"/>
10AM			<input type="checkbox"/>
11AM			<input type="checkbox"/>

DAILY PRIORITIES

WATER BALANCE

MOOD

A row of eight small water glass icons.

A row of five smiley face icons ranging from sad to happy.

SUNDAY

DATE



SCHEDULE		TO-DO LIST							
6AM			<input type="checkbox"/>						
7AM			<input type="checkbox"/>						
8AM			<input type="checkbox"/>						
9AM			<input type="checkbox"/>						
10AM			<input type="checkbox"/>						
11AM		DAILY PRIORITIES							
12AM			<input type="checkbox"/>						
1AM			<input type="checkbox"/>						
2AM			<input type="checkbox"/>						
3AM		WATER BALANCE							
4AM									
5AM		MOOD							
6AM									
7AM									
8AM									
9AM									
10AM									
11AM									

APPOINTMENTS

PLACE	DATE
DOCTOR	
APPOINTMENT PURPOSE	
QUESTIONS TO ASK	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
DOCTOR NOTES	
<input type="checkbox"/>	
AFTER APPOINTMENT TO-DO LIST	
<input type="checkbox"/>	

MEDICATION TRACKER

NAME: _____ WEEK: _____

#	MEDICATION / SUPPLEMENT	M	T	W	T	F	S	S
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
13								
14								
15								
16								
17								
18								
19								
20								

GROCERY LIST

The image displays a 4x2 grid of eight notepad pages. Each page features a light blue border and a white rectangular box at the top for writing a title or date. The main body of each page contains five horizontal lines for notes, with the first line being a solid top line and the subsequent four being dashed midlines. On the left margin of each page, there is a vertical column of five small, empty circles, likely for marking tasks.

MEAL PLANNER

	BREAKFAST	LUNCH	DINNER	SNACKS &
MON				WATER <input type="checkbox"/> <input type="checkbox"/>
TUE				WATER <input type="checkbox"/> <input type="checkbox"/>
WED				WATER <input type="checkbox"/> <input type="checkbox"/>
THU				WATER <input type="checkbox"/> <input type="checkbox"/>
FRI				WATER <input type="checkbox"/> <input type="checkbox"/>
SAT				WATER <input type="checkbox"/> <input type="checkbox"/>
SUN				WATER <input type="checkbox"/> <input type="checkbox"/>

MEAL PLANNER

M T W T F S S

BREAKFAST		LUNCH		SNACK		DINNER	
MENU		MENU		MENU		MENU	
CALORIES	PROTEIN	CARBS	FAT	CALORIES	PROTEIN	CARBS	FAT
TIME				TIME			
TIME							
TIME		TIME		TIME		TIME	

CALORIE TRACKER

DAY

BREAKFAST	PROTEINS	CARBS	CALORIES	FATS

LUNCH	PROTEINS	CARBS	CALORIES	FATS

DINNER	PROTEINS	CARBS	CALORIES	FATS

SNACKS	PROTEINS	CARBS	CALORIES	FATS

ANNUAL OVERVIEW

YEAR:

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

Assignment Tracker

COURSES	ASSIGNMENT	DU DATE	COMPLETED

PASSWORD TRACKER

NOTES

FINANCE

Vacation Budget

TRANSPORTATION		
COST	BUDGET	ACTUAL

ACCOMMODATIONS		
COST	BUDGET	ACTUAL

FOOD & ACTIVITIES		
COST	BUDGET	ACTUAL

Income & Expenses

Month of:

Subscription Tracker

Month:

DEBT SNOWBALL WORKSHEET

DEBT NAME	TOTAL AMOUNT OWED	MINIMUM SNOWBALL PAYMENT	MONTH-1	MONTH-2	MONTH-3	MONTH-4	MONTH-5	MONTH-6

SPENDING LOG

Bill Tracker

DATE:

Blank trackers

MONTHLY SAVINGS TRACKER

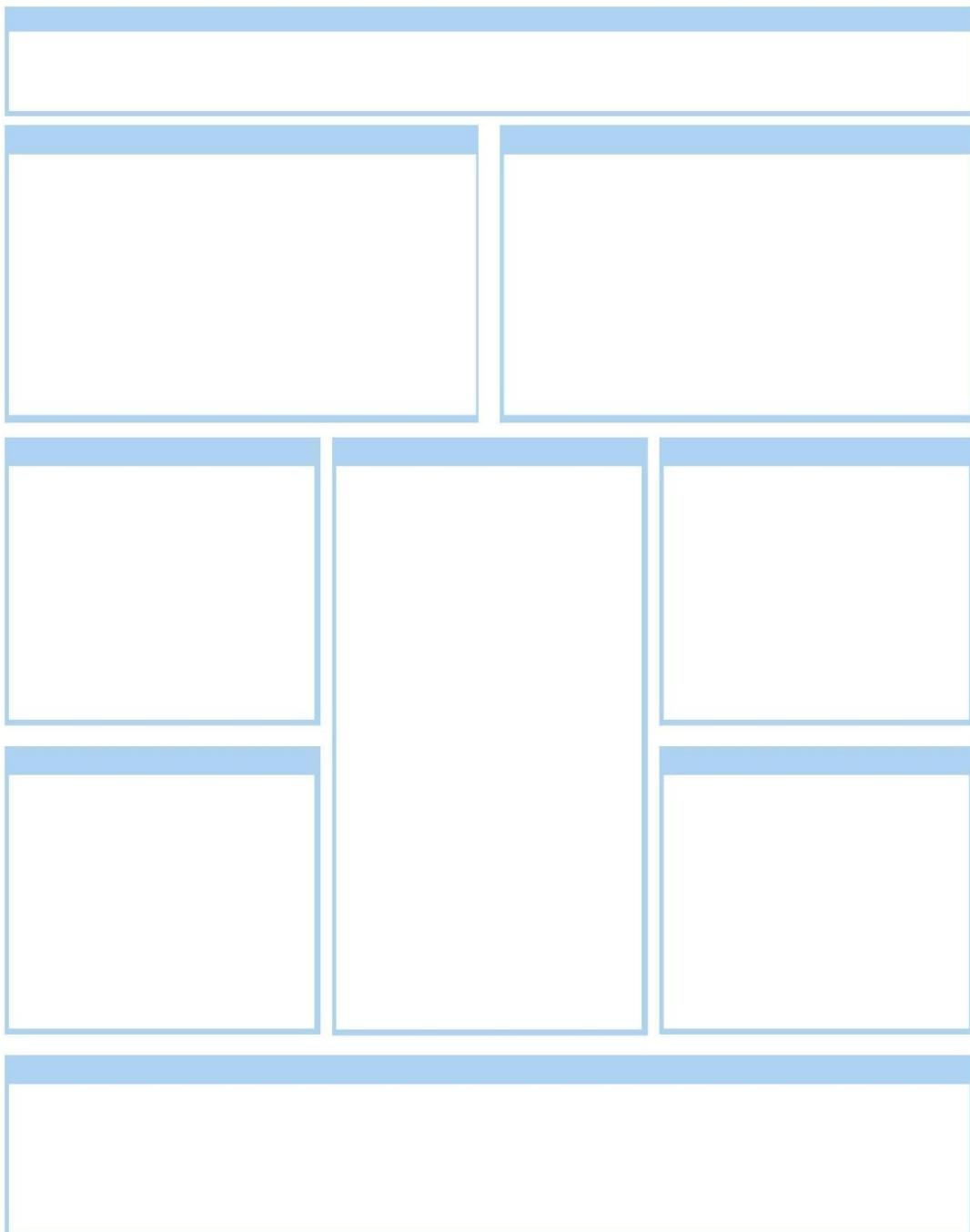
MONTH:

YEAR:



HEALTHY HABIT PLANNER

MOTIVATIONS & INSPIRATIONS



GRATITUDE JOURNAL

WEEK

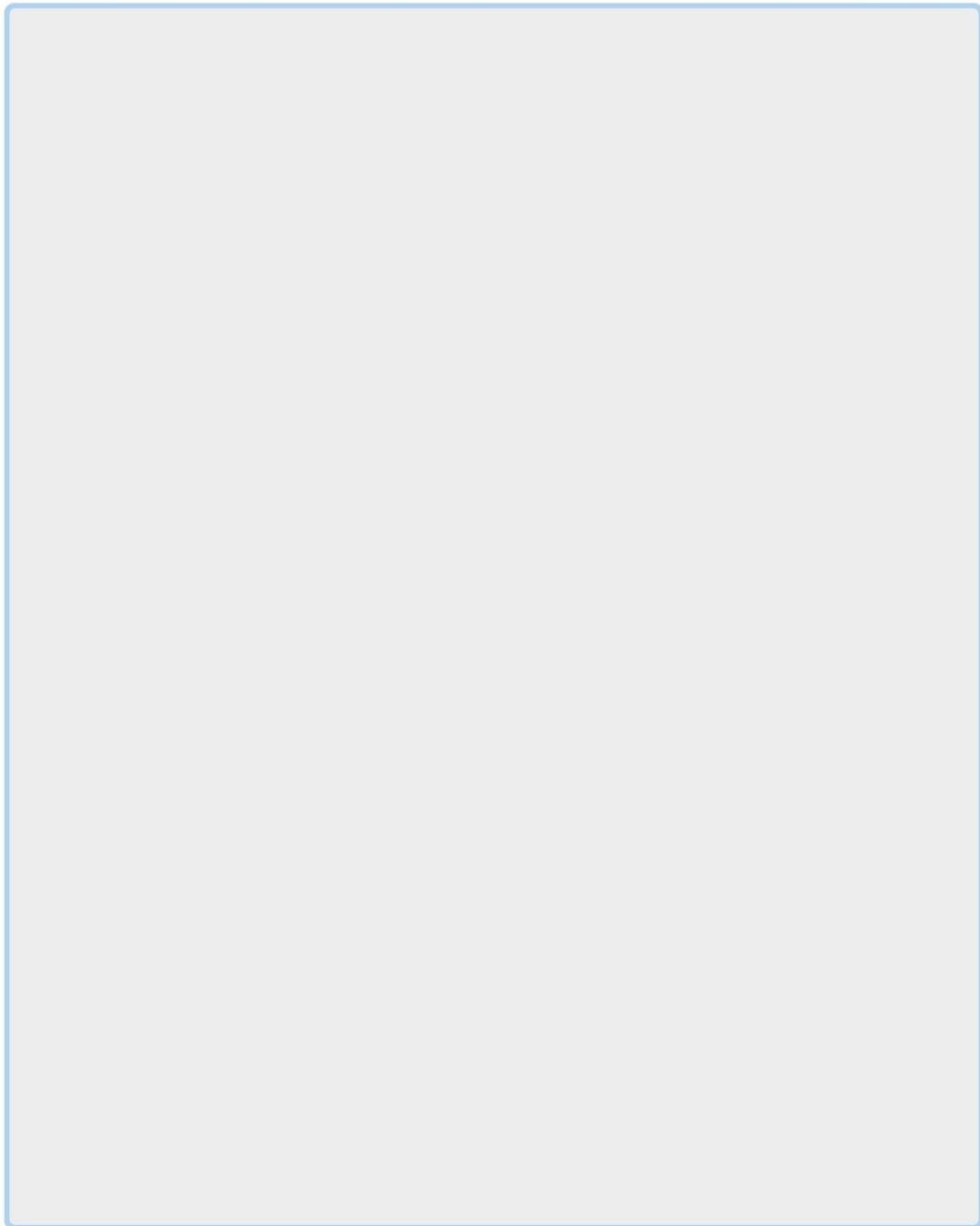
MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

BUCKET LIST

TO-DO LIST

NOTES

VISION BOARD



POSITIVE AFFIRMATIONS

--	--	--

MY POSITIVE AFFIRMATION STATEMENT

<input type="checkbox"/>

HABIT TRACKER

NOTE



Self Care

POSITIVE MINDSET

NEGATIVE THOUGHT	POSITIVE THOUGHT

EMERGENCY CONTACTS

EMERGENCY HOTLINE

Mobile: _____

Telephone: _____

Email: _____

FIRE DEPARTMENT

Mobile: _____

Telephone: _____

Email: _____

POISON CONTROL CENTER

Mobile: _____

Telephone: _____

Email: _____

POLICE DEPARTMENT

Mobile: _____

Telephone: _____

Email: _____

HOSPITAL EMERGENCY

Mobile: _____

Telephone: _____

Email: _____

PHARMACY

Mobile: _____

Telephone: _____

Email: _____

FAMILY DOCTOR

Mobile: _____

Telephone: _____

Email: _____

VETERINARIAN

Mobile: _____

Telephone: _____

Email: _____

ANIMAL CONTROL

Mobile: _____

Telephone: _____

Email: _____

INSURANCE

Mobile: _____

Telephone: _____

Email: _____

HEALTHCARE PROVIDER VISITS

VISIT DETAILS

DATE	APPT . TIME
------	-------------

PROVIDER	SPECIALITY
----------	------------

REASON FOR VISIT

CONCERNS

--

VITALS

HEIGHT	WEIGHT
--------	--------

BLOOD PRESSURE	PULSE RATE
----------------	------------

BLOOD GLUCOSE	TEMPERATURE
---------------	-------------

PROVIDER DIAGNOSIS

--

TEST ORDERED

TEST	FACILITY
------	----------

DATE	APPT. TIME
------	------------

PREP FOR TEST	TEST RESULTS
---------------	--------------

MEDICATION UPDATES

MEDICATION	MEDICATION
------------	------------

CONDITION	CONDITION
-----------	-----------

DOSE/FREQUENCY	DOSE/FREQUENCY
----------------	----------------

START DATE/END DATE	START DATE/END DATE
---------------------	---------------------

NOTE	NOTE
------	------

MY MEDICAL QUICK VIEW

VISIT DETAILS			
NAME	DONOR	YES <input type="checkbox"/>	NO <input type="checkbox"/>
DATE OF BIRTH	BLOOD TYPE		
HEIGHT	WEIGHT		
MEDICAL CONDITIONS			
<hr/>			
ALLERGIES			
ALLERGY	MEDS		
REACTION			
ALLERGY	MEDS		
REACTION			
ALLERGY	MEDS		
REACTION			

URGENT CARE VISITS

FACILITY/DR	DATE
REASON	TEMPERATURE
BLOOD PRESSURE	
TESTS	
RESULTS	
PREScriptions	
DISCHARGE INSTRUCTIONS	

FACILITY/DR	DATE
REASON	TEMPERATURE
BLOOD PRESSURE	
TESTS	
RESULTS	
PREScriptions	
DISCHARGE INSTRUCTIONS	

FACILITY/DR	DATE
REASON	TEMPERATURE
BLOOD PRESSURE	
TESTS	
RESULTS	
PREScriptions	
DISCHARGE INSTRUCTIONS	

EYE CARE TRACKER

NAME	NOTES
DOCTOR	
APPT. DATE	APPT. TIME
RIGHT EYE	
LEFT EYE	
COST	AMOUNT PAID

NAME	NOTES
DOCTOR	
APPT. DATE	APPT. TIME
RIGHT EYE	
LEFT EYE	
COST	AMOUNT PAID

NAME	NOTES
DOCTOR	
APPT. DATE	APPT. TIME
RIGHT EYE	
LEFT EYE	
COST	AMOUNT PAID

NAME	NOTES
DOCTOR	
APPT. DATE	APPT. TIME
RIGHT EYE	
LEFT EYE	
COST	AMOUNT PAID

DENTAL VISITS

NAME	APPT. DATE			APPT. TIME	
DENTIST	REASON				
CLEANING	YES <input type="checkbox"/>	NO <input type="checkbox"/>	COMMENTS		
X-RAYS	YES <input type="checkbox"/>	NO <input type="checkbox"/>	COMMENTS		
PROCEDURES					
DISCUSSION NOTES					
FOLLOW UP NEEDED		YES <input type="checkbox"/>	NO <input type="checkbox"/>	APPT. DATE	APPT. TIME
COST	INSURANCE	OUT OF POCKET		AMOUNT PAID	
NAME	APPT. DATE			APPT. TIME	
DENTIST	REASON				
CLEANING	YES <input type="checkbox"/>	NO <input type="checkbox"/>	COMMENTS		
X-RAYS	YES <input type="checkbox"/>	NO <input type="checkbox"/>	COMMENTS		
PROCEDURES					
DISCUSSION NOTES					
FOLLOW UP NEEDED		YES <input type="checkbox"/>	NO <input type="checkbox"/>	APPT. DATE	APPT. TIME
COST	INSURANCE	OUT OF POCKET		AMOUNT PAID	
NAME	APPT. DATE			APPT. TIME	
DENTIST	REASON				
CLEANING	YES <input type="checkbox"/>	NO <input type="checkbox"/>	COMMENTS		
X-RAYS	YES <input type="checkbox"/>	NO <input type="checkbox"/>	COMMENTS		
PROCEDURES					
DISCUSSION NOTES					
FOLLOW UP NEEDED		YES <input type="checkbox"/>	NO <input type="checkbox"/>	APPT. DATE	APPT. TIME
COST	INSURANCE	OUT OF POCKET		AMOUNT PAID	

SYMPTOMS TRACKER

DATE

BREAKFAST	SYMPTOMS										
SYMPTOMS SEVERITY	<table border="1"><tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr></table>	1	2	3	4	5	6	7	8	9	10
1	2	3	4	5	6	7	8	9	10		
LUNCH	SYMPTOMS										
SYMPTOMS SEVERITY	<table border="1"><tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr></table>	1	2	3	4	5	6	7	8	9	10
1	2	3	4	5	6	7	8	9	10		
DINNER	SYMPTOMS										
SYMPTOMS SEVERITY	<table border="1"><tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr></table>	1	2	3	4	5	6	7	8	9	10
1	2	3	4	5	6	7	8	9	10		
SNACK	SYMPTOMS										
SYMPTOMS SEVERITY	<table border="1"><tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr></table>	1	2	3	4	5	6	7	8	9	10
1	2	3	4	5	6	7	8	9	10		



FOOD RESULTS

DATE

GOOD FOODS	BAD FOODS
NOT SURE FOODS	

FAVORITE KETO FOOD

SLEEP TRACKER

MONTH OF:

FITNESS TRACKER



LIST OF EXERCISE



- ▶ _____
- ▶ _____
- ▶ _____
- ▶ _____
- _____

QUICK REMINDER

HEALTHY DIET LIST



- ▶ _____
- ▶ _____
- ▶ _____
- ▶ _____
- _____

NOTES ▶ _____



PERIOD LOG

MONTH

MON	TUE	WED	THU	FRI	SAT	SUN

INFORMATION		COLOR KEY	
CYCLE START			
DAYS IN CYCLE			
MENSTRUATION FLOW			
NEXT CYCLE START DATE			
SYMPTOMS			

SYMPTOMS TRACKER

NOTE

WEIGHT LOSS TRACKER

WORKOUT PLAN

SKIN CARE

BEAUTY ROUTINE	PRODUCT	M	T	W	T	F	S	S

BEAUTY ROUTINE	PRODUCT	M	T	W	T	F	S	S

BEAUTY ROUTINE	PRODUCT	M	T	W	T	F	S	S

BEAUTY ROUTINE	PRODUCT	M	T	W	T	F	S	S

SELF-CARE GOAL PLAN

MAIN GOAL:		
<input type="radio"/> MENTAL & SPIRITUAL	<input type="radio"/> PHYSICAL	<input type="radio"/> SOCIAL
START DATE:	END DATE:	DURATION:

OBJECTIVES

- -
 -
 -
-
-
-
-

ACTION STEPS	DUE

RESULTS

Organizations Dharma Seeds networks and supports

World Yoga Federation: <https://www.worldyogafederation.org>

Yoga Alliance: <https://www.yogaalliance.org/>

Prison Yoga Project: <http://prisonyoga.org>

Their 200CYThr Yoga Training: <https://bit.ly/PYP-Training>

Center for Trauma & Embodiment at Justice Research Institute:

<https://jri.org/services/behavioral-health-and-trauma-center-for-trauma-and-embodiment>

Trauma Center Trauma- Sensitive Yoga: <https://www.traumasensitiv eyoga.com/about>

Collective Resilience Trauma Informed Yoga: <http://collectiveresilienceyoga.com/>

RW Alves Yoga & Somatics: <http://www.rwolves.com/>

Hala Khouri: <https://halakhouri.com/>

Accessible Yoga: <https://www.accessibleyoga.org/>

Sequence Wiz: <https://sequencewiz.org/>

Yoga mat provided by: <https://yogaste.co/>

Meditation Cushion provided by: https://www.yogadirect.com/Meditation-Kit_p_1246.html

Oracle Cards by: Empath Guidance And Empowerment Oracle Cards by Tiffany Stiles and Indie Goes Software. Now available for iPhone / iPad, Android and Amazon.

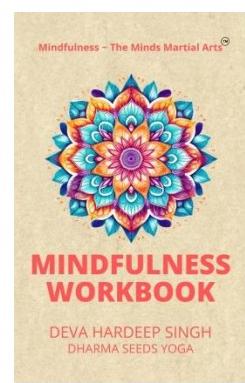
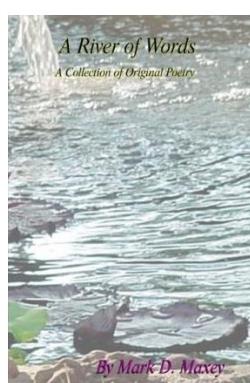
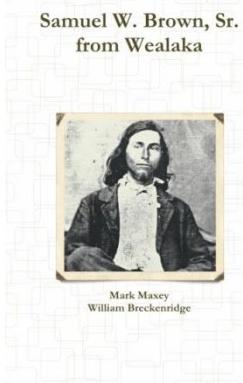
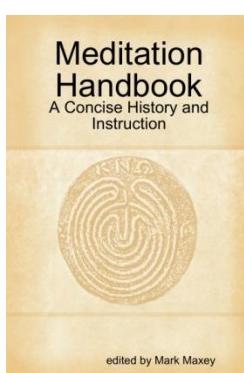
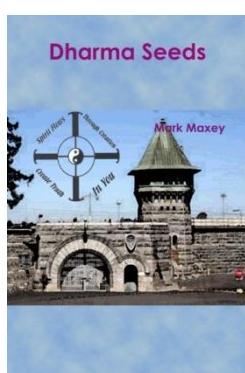
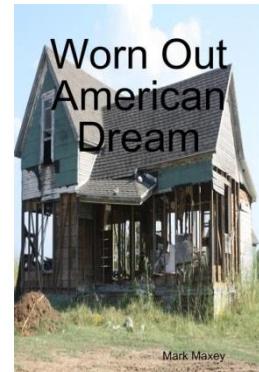
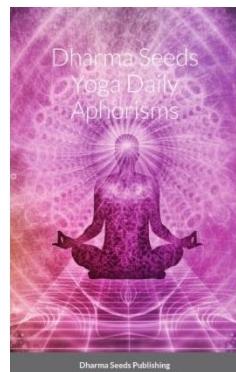
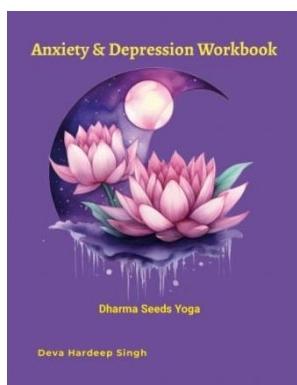
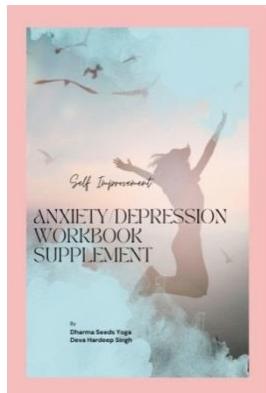
Learn more about Tiffany Stiles at <http://tiffany-stiles.com>,

and visit the official Indie Goes Software site to download other inspiring apps.
<https://www.indie-goes.com/>

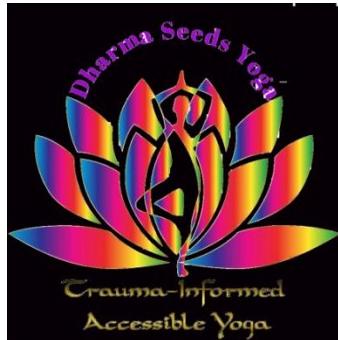
Dharma Seeds Yoga Press



Dharma Seeds Yoga Press https://bit.ly/DSY_Press



Dharma Seeds Yoga



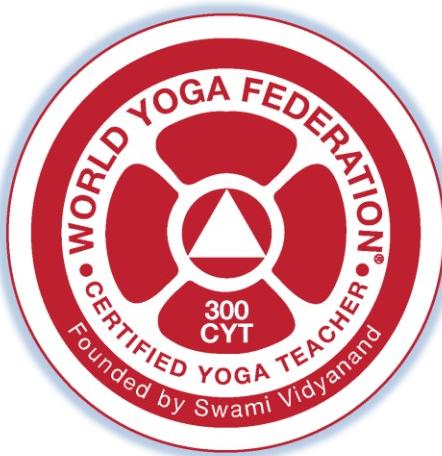
Dharma Seeds Yoga was founded by Deva Hardeep Singh. Dharma Seeds Yoga follows the path of Raja Yoga as taught through [Prison Yoga Project teacher training](#). We are a trauma-informed yoga practice for all persons. We are LGBTQ+ friendly, staffed, and respect all spiritual paths of our students. There is no “one” guru or any guru’s or individuals to adhere to.

<https://darmaseedsyoga.wordpress.com/>

Deva Hardeep Singh (he/him; [neurodivergent](#), [gay](#), [ability injured](#), [post-traumatic stress injury](#), [borderline personality injury](#)) is an Oklahoman, a [Yuchi Indian](#), enrolled in the [Muscogee Nation](#), and studied radio/TV/film in college. He's worked as an on-air personality, author, poet, artist, administrative assistant, petroleum landman, barista, staff writer, paralegal, concert promoter, music artist manager, content producer, and graphic designer. He spent 6 months as a National Data Team volunteer for the Bernie Sanders for President campaign. He is a freelance journalist with International papers and magazines with a social justice focus. Recently was able to join the [Hulu/FX Series Reservation Dogs](#), as an extra (Seasons 2 & 3) He's been a meditator for over 30 years (Buddhist, Chan, Zen), teaches meditation, and provides yoga instruction, and a Reiki III Master.



Mar 2023 at families 100+year Indigenous homestead.



Join our Engage Mindfulness™ Minds Martial Artist™ program FREE

Dharma Seeds Yoga

- was founded by Deva Hardeep Singh.
- "Dharma Seeds Yoga is a trauma-informed yoga practice for all persons. We are LGBTQ+ friendly and respect all spiritual paths."
- "We offer a variety of yoga classes that are designed to help you connect with your inner peace and well-being. Our classes are open to people of all faiths and backgrounds."

Chakras

- I will attempt to keep my chakras balanced
- I will use my spiritual practices to align my chakras and achieve my highest potential
- Intuitively grow my awareness of using my chakras for my highest potential
- I agree to utilize a body scan as often as is needed
- I will love and listen to my Inner SELF

ENGAGE Mindfulness

Conference of Engagement

Agreement

- To embody my spiritual practice(s)
- To educate myself on Mindfulness
- To Honor/Care for Myself First
- Serve my community through my practice
- Deepen my spiritual connection

Mindful Martial Artist™

Signed

Date _____

Print Legal Name _____

Spiritual Name Option _____

Contact Us

Office

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Deva Hardeep Singh
108B Este Cate St.
Okemah, OK 74859-4813

Phone
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Website
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Email
dharma seedsyoga@gmail.com

For more information on our Engage Mindfulness™ please
email: dharma seedsyoga@gmail.com